



Pear and Prosciutto Pizza

READY IN



42 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baby arugula
- 2 teaspoons olive oil
- 1 medium pears thinly sliced
- 1 Dash pepper black freshly ground
- 12 ounce uncook pizza crust (such as Mama Mary's)
- 2 ounces pancetta cut into thin strips
- 2 ounces provolone cheese shredded
- 1 teaspoon sherry vinegar
- 2 tablespoons walnut pieces toasted chopped

2 cups onion sweet vertically sliced

Equipment

bowl

frying pan

baking sheet

oven

Directions

Preheat oven to 45

Heat oil in a large nonstick skillet over medium-high heat.

Add onion to pan; cover and cook for 3 minutes. Uncover and cook 10 minutes or until golden brown, stirring frequently.

Place pizza crust on a baking sheet. Top evenly with onion mixture; sprinkle with cheese. Top evenly with pear and prosciutto.

Sprinkle with pepper.

Bake at 450 for 12 minutes or until cheese melts.

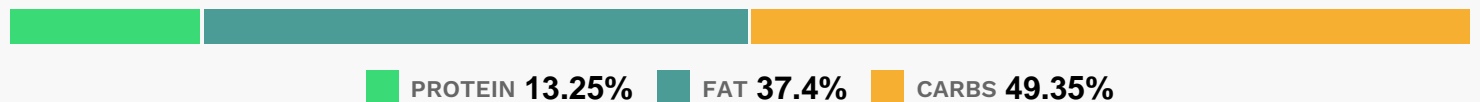
Sprinkle with nuts.

Place arugula in a medium bowl.

Drizzle vinegar over greens; toss gently to coat. Top pizza evenly with arugula mixture.

Cut pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:2.18, Inflammation Score:-5, Nutrition Score:8.4047825284626%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg,

Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-
gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate:
0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.53mg,
Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin:
0.91mg, Myricetin: 0.91mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 444.33kcal (22.22%), Fat: 18.69g (28.76%), Saturated Fat: 6.84g (42.74%), Carbohydrates: 55.5g (18.5%),
Net Carbohydrates: 51.65g (18.78%), Sugar: 10g (11.11%), Cholesterol: 19.14mg (6.38%), Sodium: 657.02mg (28.57%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.81%), Calcium: 222.29mg (22.23%), Iron: 3.01mg
(16.71%), Fiber: 3.85g (15.38%), Manganese: 0.28mg (14.18%), Phosphorus: 139mg (13.9%), Vitamin K: 12.06µg
(11.49%), Vitamin B6: 0.2mg (9.87%), Copper: 0.18mg (8.83%), Folate: 35.11µg (8.78%), Vitamin C: 6.95mg (8.42%),
Selenium: 5.62µg (8.03%), Potassium: 245.01mg (7%), Magnesium: 27.5mg (6.88%), Vitamin B1: 0.1mg (6.69%), Zinc:
0.96mg (6.43%), Vitamin A: 321.02IU (6.42%), Vitamin B2: 0.1mg (5.8%), Vitamin B12: 0.28µg (4.63%), Vitamin B3:
0.85mg (4.25%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.31mg (3.08%)