



Pesto pizza with artichokes & prosciutto

READY IN



45 min.

SERVINGS



3

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 290 g bette hagan's pizza/french bread flour mix italian
- ☐ 4 tomatoes seeded finely chopped (350g 12oz)
- ☐ 3 tbsp basil pesto green
- ☐ 260 g artichoke hearts halved in oil
- ☐ 50 g pancetta
- ☐ 150 g mozzarella cheese drained finely sliced
- ☐ 25 g parmesan freshly grated (or vegetarian alternative)
- ☐ 2 tbsp cooking oil

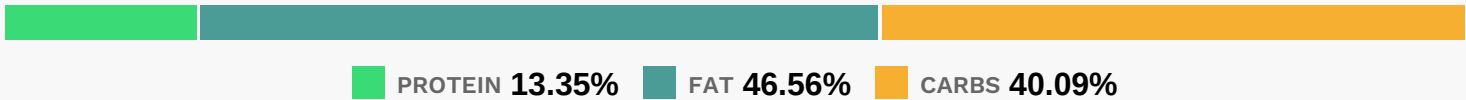
Equipment

☐ oven

Directions

- ☐ Make up the pizza mix according to instructions (you will need to use both packets that are in the box).
- ☐ Roll out quite thinly and use to line the base of a 28–30cm shallow square or round baking tin.
- ☐ Let stand according to packet instructions and preheat the oven to 220C/gas 7/fan 200C.
- ☐ Mix the tomatoes with 2 tbsp of the pesto and spread over the pizza, leaving a bare rim around the edge. Scatter the artichokes and prosciutto on top (the ham tears as you remove it from the packet, which is what you want). Cover with the mozzarella and sprinkle with the Parmesan and some freshly ground black pepper, then drizzle with the rest of the pesto mixed with the artichoke oil.
- ☐ Bake for about 20 minutes until the base is cooked through and the cheese has melted.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:19.276956589326%

Flavonoids

Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 809.58kcal (40.48%), Fat: 41.73g (64.2%), Saturated Fat: 14.46g (90.39%), Carbohydrates: 80.84g (26.95%), Net Carbohydrates: 75.46g (27.44%), Sugar: 8.65g (9.61%), Cholesterol: 57.37mg (19.12%), Sodium: 1761.42mg (76.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.85%), Iron: 22.15mg (123.07%), Vitamin A: 2077.77IU (41.56%), Calcium: 392.55mg (39.26%), Phosphorus: 298.19mg (29.82%), Vitamin C: 22.47mg (27.23%), Vitamin B12: 1.32µg (22.06%), Fiber: 5.38g (21.52%), Vitamin K: 20.9µg (19.91%), Selenium: 13.73µg (19.61%), Vitamin E: 2.7mg (18.03%), Zinc: 2.16mg (14.43%), Potassium: 467.35mg (13.35%), Vitamin B2: 0.21mg (12.58%),

Manganese: 0.21mg (10.27%), Vitamin B6: 0.2mg (10.08%), Vitamin B3: 1.72mg (8.6%), Magnesium: 33.71mg (8.43%), Vitamin B1: 0.12mg (8.33%), Folate: 28.68µg (7.17%), Copper: 0.11mg (5.6%), Vitamin B5: 0.35mg (3.47%), Vitamin D: 0.31µg (2.06%)