



Pizza Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula leaves
- ☐ 0.5 cup diagonally cut asparagus (1-inch)
- ☐ 6 basil leaves
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce parmigiano-reggiano grated
- ☐ 1.5 ounces part-skim mozzarella cheese shredded divided
- ☐ 12 ounce prebaked pizza crust (such as Mama Mary's)

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2 ounces pancetta thinly sliced

Equipment

☐

baking sheet

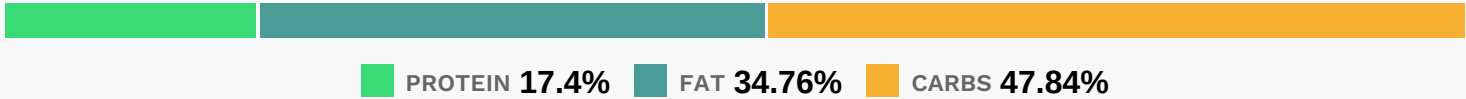
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oven

Directions

- ☐
- Preheat oven to 40
- ☐
- Place a baking sheet in oven.
- ☐
- Brush pizza crust with oil.
- ☐
- Sprinkle crust with garlic.
- ☐
- Sprinkle crust with 3 tablespoons mozzarella. Top with arugula, prosciutto, basil, asparagus, and mushrooms.
- ☐
- Sprinkle with remaining 7 teaspoons mozzarella and Parmigiano-Reggiano.
- ☐
- Place pizza on preheated baking sheet; bake at 400 for 20 minutes or until golden brown.
- ☐
- Let stand 5 minutes before slicing into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:7.7908695936203%

Flavonoids

Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 365.81kcal (18.29%), Fat: 14.15g (21.77%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 41.83g (15.21%), Sugar: 2.36g (2.63%), Cholesterol: 20.98mg (6.99%), Sodium: 727.25mg (31.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.88%), Calcium: 260.24mg (26.02%), Iron: 3.04mg (16.9%), Phosphorus: 152.25mg (15.23%), Vitamin K: 15.81µg (15.06%), Selenium: 8.72µg (12.45%), Vitamin

B2: 0.19mg (11.35%), Vitamin B3: 1.66mg (8.28%), Fiber: 1.98g (7.93%), Vitamin A: 388.73IU (7.77%), Copper: 0.13mg (6.36%), Vitamin B1: 0.09mg (6.07%), Zinc: 0.91mg (6.05%), Vitamin B5: 0.55mg (5.52%), Vitamin B6: 0.11mg (5.28%), Potassium: 176.91mg (5.05%), Folate: 19.52µg (4.88%), Vitamin B12: 0.25µg (4.21%), Manganese: 0.08mg (3.86%), Magnesium: 14.69mg (3.67%), Vitamin C: 2.53mg (3.07%), Vitamin E: 0.45mg (3.03%), Vitamin D: 0.17µg (1.15%)