



## Pizza Vesuvio with the Works

 Gluten Free

READY IN



60 min.

SERVINGS



30

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 large cremini mushrooms sliced
- ☐ 0.3 pound mozzarella cheese fresh cut into 1-inch cubes
- ☐ 4 ounces ricotta fresh
- ☐ 0.5 cup artichoke hearts frozen thawed sliced
- ☐ 2 ounces baked ham thinly sliced cut into 1-inch strips
- ☐ 0.3 cup tomatoes
- ☐ 30 servings olive oil extra-virgin
- ☐ 4 olives pitted sliced

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 pound pizza dough frozen thawed
- ☐ 2 ounces genoa salami cut into 1-inch strips
- ☐ 30 servings salt and pepper freshly ground

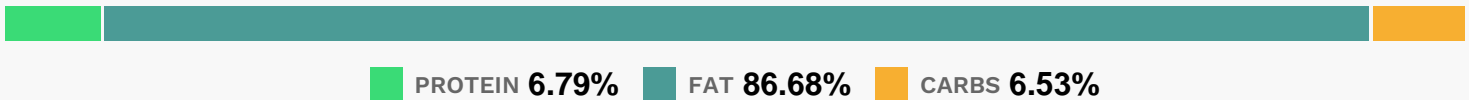
## Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza stone

## Directions

- ☐ Set a pizza stone in the oven and preheat the oven to 50
- ☐ Let the stone heat for 30 minutes. In a bowl, lightly drizzle the artichoke hearts with oil. Season with salt and pepper.
- ☐ On a floured work surface, roll or stretch the pizza dough out to a 12-inch round, about 1/8 inch thick.
- ☐ Roll the edge on half of the pizza 1/16 inch thick. Generously flour a pizza peel.
- ☐ Transfer the dough to the peel and lightly brush with oil. Top the thinner side of the dough with half of the artichokes, mozzarella, ricotta, ham and salami, 3 inches from the edge.
- ☐ Sprinkle with half of the oregano and drizzle with 2 tablespoons of the marinara. Lift the 3-inch edge of dough over the filling and press to seal in the center of the round.
- ☐ Spread the remaining 1/4 cup of marinara over the dough, leaving a 1/2-inch border. Arrange the remaining artichoke hearts, mozzarella, ham and salami over the marinara. Spoon small dollops of ricotta over the toppings, then scatter the mushrooms and olives on top.
- ☐ Sprinkle with the remaining oregano.
- ☐ Slide the pizza onto the hot stone and bake for 8 to 10 minutes, until crisp and bubbling.
- ☐ Cut into wedges and serve.

## Nutrition Facts



## Properties

Glycemic Index:4.4, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.1186956478202%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 177.37kcal (8.87%), Fat: 17.33g (26.65%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.42g (0.47%), Cholesterol: 8.64mg (2.88%), Sodium: 339.82mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin E: 2.17mg (14.44%), Vitamin K: 9.33µg (8.88%), Selenium: 4.1µg (5.86%), Phosphorus: 45.77mg (4.58%), Calcium: 43.17mg (4.32%), Vitamin B12: 0.22µg (3.74%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.38%), Zinc: 0.41mg (2.74%), Vitamin B3: 0.47mg (2.36%), Folate: 9.27µg (2.32%), Iron: 0.38mg (2.13%), Manganese: 0.04mg (2.04%), Copper: 0.04mg (1.76%), Vitamin A: 85.8IU (1.72%), Vitamin B6: 0.03mg (1.7%), Fiber: 0.39g (1.56%), Potassium: 53.52mg (1.53%), Magnesium: 5.33mg (1.33%)