



Pizza with Arugula and Prosciutto



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula
- ☐ 4 servings kosher salt and pepper
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 slices pancetta
- ☐ 24 ounce pizzas frozen
- ☐ 24 ounce pizzas frozen

Equipment

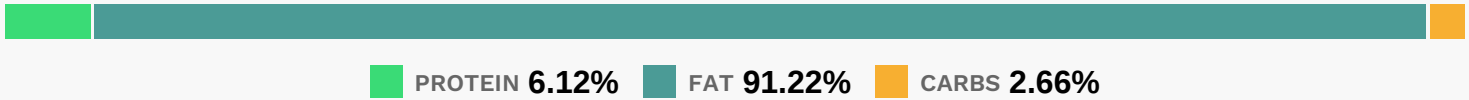
☐

bowl

Directions

- ☐ Cook the pizzas according to the package directions. Meanwhile, in a large bowl, toss the arugula, prosciutto, olive oil, lemon juice, and 1/4 teaspoon each salt and pepper.
- ☐ Place on top of the cooked pizzas.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:2.6160869624304%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 115.25kcal (5.76%), Fat: 11.84g (18.21%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.3g (0.33%), Cholesterol: 7.92mg (2.64%), Sodium: 276.11mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Vitamin K: 15.11µg (14.39%), Vitamin E: 1.11mg (7.39%), Vitamin A: 241.96IU (4.84%), Vitamin C: 2.95mg (3.58%), Selenium: 2.45µg (3.49%), Folate: 10.45µg (2.61%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.04mg (2.56%), Phosphorus: 22.78mg (2.28%), Vitamin B6: 0.04mg (2.05%), Potassium: 64.63mg (1.85%), Manganese: 0.03mg (1.72%), Calcium: 17.01mg (1.7%), Magnesium: 6.37mg (1.59%), Iron: 0.24mg (1.33%), Zinc: 0.19mg (1.27%), Vitamin B5: 0.12mg (1.15%), Vitamin B2: 0.02mg (1.11%)