



Pizza with Asparagus and Smoked Ham

READY IN



45 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus--peeled trimmed to 5-inch lengths and halved lengthwise
- 1 cup fontina shredded
- 1 tablespoon olive oil extra-virgin
- 1 pound pizza dough at room temperature
- 2 tablespoons sharp provolone cheese freshly grated
- 4 servings salt and pepper freshly ground
- 3 small scallions sliced
- 0.5 pound ham smoked sliced cut into 2-inch-long matchsticks

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pizza stone

Directions

- Preheat the oven to 50
- Preheat a pizza stone or generously oil a large baking sheet.
- Heat 1 tablespoon of the olive oil in a large skillet.
- Add the asparagus and cook over high heat, stirring occasionally, until lightly browned, about 5 minutes; transfer to a bowl.
- Add the ham and scallions to the asparagus and season with salt and pepper.
- Let cool slightly.
- Add half of the shredded cheese.
- On a lightly floured surface, roll or stretch the dough to a rough 14-inch round.
- Transfer the dough to a floured pizza peel or rimless cookie sheet, or to the oiled baking sheet. Top the pizza with the asparagus mixture, leaving a 1-inch border of dough.
- Brush the border with the remaining 1 teaspoon of olive oil. Scatter the grated cheese and the remaining shredded cheese over the top.
- Slide the pizza onto the hot stone, if using, and bake for about 10 minutes on the stone or 16 minutes on the baking sheet, until the crust is golden and the cheese is bubbling.
- Transfer the pizza to a rack and let cool slightly before serving.
- Wine Recommendation: A clean, light white, such as the 1997 Torres Via Sol from Spain or the 1997 Domaine de la Jalousie Sauvignon from France, is a refreshing choice.

Nutrition Facts



■ PROTEIN 22.27% ■ FAT 34.23% ■ CARBS 43.5%

Properties

Glycemic Index:29.5, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:15.862608650456%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg

Nutrients (% of daily need)

Calories: 535.83kcal (26.79%), Fat: 20.79g (31.99%), Saturated Fat: 9.29g (58.04%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 55.26g (20.1%), Sugar: 9.85g (10.94%), Cholesterol: 68.95mg (22.98%), Sodium: 2005.27mg (87.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.44g (60.87%), Vitamin K: 58.01µg (55.25%), Iron: 6.4mg (35.58%), Phosphorus: 331.44mg (33.14%), Calcium: 255.04mg (25.5%), Vitamin A: 1239.97IU (24.8%), Zinc: 2.97mg (19.8%), Copper: 0.36mg (18.16%), Fiber: 4.18g (16.72%), Folate: 63.85µg (15.96%), Vitamin B2: 0.25mg (14.49%), Vitamin E: 1.91mg (12.71%), Potassium: 419.46mg (11.98%), Selenium: 8.14µg (11.63%), Vitamin B1: 0.17mg (11.47%), Vitamin B12: 0.63µg (10.46%), Magnesium: 40.23mg (10.06%), Manganese: 0.19mg (9.54%), Vitamin C: 7.06mg (8.55%), Vitamin B6: 0.14mg (6.83%), Vitamin B3: 1.19mg (5.93%), Vitamin B5: 0.48mg (4.79%), Vitamin D: 0.22µg (1.49%)