



Pizza with Fontina, Prosciutto, and Arugula

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby arugula loosely packed
- ☐ 4 servings pepper black freshly ground
- ☐ 0.8 lb fontina italian
- ☐ 1 garlic clove
- ☐ 4 servings olive oil extra virgin extra-virgin for drizzling
- ☐ 1 lb pizza dough frozen thawed
- ☐ 0.3 lb pancetta thinly sliced

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Put a large heavy baking sheet (17 by 14 inches) on lowest rack of oven, then preheat oven to 500°F.
- ☐ Meanwhile, roll out dough on a lightly floured surface with a floured rolling pin, stretching corners with your hands to form a 16- by 13-inch rectangle. (Dough will be easier to roll out as it warms.)
- ☐ Transfer to a large tray lined with sheet of parchment paper. Lightly prick dough all over with a fork, then slide dough (on parchment) from tray onto hot baking sheet.
- ☐ Bake until top is puffed and pale golden in patches, 6 to 10 minutes. (Prick any large bubbles with a fork and flatten.)
- ☐ While crust bakes, shred cheese in a food processor fitted with medium shredding disk (you should have 3 cups).
- ☐ Remove crust from oven and brush all over with crushed garlic, then sprinkle evenly with cheese.
- ☐ Bake pizza until edge of crust is deep golden and cheese is bubbling and golden in patches, 8 to 10 minutes.
- ☐ Remove from oven, then scatter arugula over pizza and drape prosciutto over arugula.
- ☐ Drizzle with oil and coarsely grind pepper to taste.
- ☐ Serve immediately.
- ☐ In place of the Fontina, you can use 1 pound smoked mozzarella, cut into 1/4-inch-thick slices.

Nutrition Facts



 **PROTEIN 17.02%**  **FAT 66.87%**  **CARBS 16.11%**

Properties

Glycemic Index:30.25, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:24.597825941832%

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 Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 883.09kcal (44.15%), Fat: 65.77g (101.18%), Saturated Fat: 26.89g (168.09%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 32.78g (11.92%), Sugar: 5.78g (6.43%), Cholesterol: 133.24mg (44.41%), Sodium: 1380.78mg (60.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.67g (75.34%), Calcium: 706.11mg (70.61%), Selenium: 42.58µg (60.83%), Phosphorus: 549.78mg (54.98%), Vitamin B12: 2.46µg (40.92%), Vitamin K: 40.1µg (38.19%), Vitamin A: 1650.02IU (33%), Zinc: 4.91mg (32.75%), Vitamin B2: 0.51mg (29.84%), Vitamin E: 3.6mg (24%), Vitamin B1: 0.35mg (23.05%), Manganese: 0.43mg (21.73%), Vitamin B3: 3.83mg (19.13%), Iron: 3.28mg (18.22%), Folate: 67.63µg (16.91%), Copper: 0.31mg (15.47%), Vitamin B6: 0.26mg (13.22%), Magnesium: 51.15mg (12.79%), Fiber: 2.86g (11.42%), Potassium: 361.2mg (10.32%), Vitamin B5: 0.86mg (8.64%), Vitamin C: 4.59mg (5.57%), Vitamin D: 0.62µg (4.16%)