



Pizza with Ham, Asparagus, and Ricotta

READY IN



37 min.

SERVINGS



1

CALORIES



2282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup asparagus fresh trimmed
- ☐ 0.5 cup ham smoked diced
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons heavy cream
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon parmigiano-reggiano cheese finely grated
- ☐ 1 pound pizza dough for recipe link (see footnote)
- ☐ 1 pinch pepper flakes red to taste
- ☐ 0.5 cup ricotta cheese

- ☐ 1 serving salt and pepper black freshly ground to taste
- ☐ 0.5 cup sharp cheddar cheese shredded white

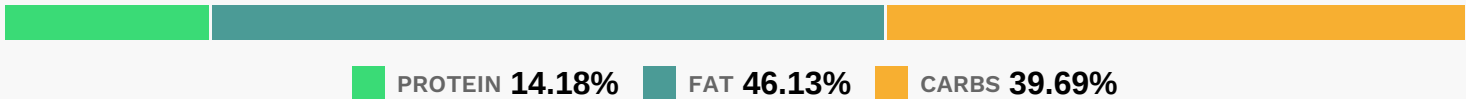
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ rolling pin
- ☐ colander

Directions

- ☐ Preheat an oven to 550 degrees F (285 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add asparagus and cook uncovered until just tender, about 2 minutes.
- ☐ Drain in a colander, then immediately immerse in ice water for several minutes. Once asparagus is cold, drain well and set aside.
- ☐ Combine ricotta, olive oil, garlic, red pepper flakes, salt, black pepper, and heavy cream in a small bowl. Stir in fresh herbs (if using) and set aside.
- ☐ To shape the pizza dough, sprinkle the countertop and dough surface with flour and lightly pat flat. Use a rolling pin to form a thin disk about 9 inches in diameter.
- ☐ Transfer to a baking sheet.
- ☐ Spread ricotta mixture over crust, top with ham and asparagus.
- ☐ Sprinkle with Cheddar and Parmigiano-Reggiano cheeses.
- ☐ Place baking sheet on the bottom rack of the preheated oven and bake for 5 minutes.
- ☐ Transfer the baking sheet to the top rack and bake for an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:175, Glycemic Load:2.77, Inflammation Score:-9, Nutrition Score:36.494782572207%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 18.84mg, Quercetin: 18.84mg, Quercetin: 18.84mg, Quercetin: 18.84mg

Nutrients (% of daily need)

Calories: 2281.5kcal (114.08%), Fat: 118.76g (182.7%), Saturated Fat: 40.9g (255.63%), Carbohydrates: 229.91g (76.64%), Net Carbohydrates: 220.1g (80.04%), Sugar: 32.23g (35.81%), Cholesterol: 197.84mg (65.95%), Sodium: 4879.68mg (212.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.16g (164.31%), Iron: 17.28mg (96.02%), Vitamin K: 92.39µg (87.99%), Calcium: 787.97mg (78.8%), Phosphorus: 784.16mg (78.42%), Vitamin E: 10.18mg (67.88%), Selenium: 39.95µg (57.08%), Vitamin A: 2641.76IU (52.84%), Vitamin B2: 0.76mg (44.74%), Zinc: 6.06mg (40.39%), Fiber: 9.8g (39.22%), Copper: 0.53mg (26.36%), Folate: 98.2µg (24.55%), Potassium: 733.16mg (20.95%), Magnesium: 80.13mg (20.03%), Vitamin B12: 1.13µg (18.81%), Manganese: 0.34mg (17.04%), Vitamin B1: 0.24mg (16.3%), Vitamin B6: 0.31mg (15.3%), Vitamin C: 9.56mg (11.58%), Vitamin B5: 1mg (10.02%), Vitamin B3: 1.56mg (7.78%), Vitamin D: 1.09µg (7.28%)