



Pizza with Prosciutto, Tomatoes, and Parmesan Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 small cherry tomatoes sliced (small)
- ☐ 8 basil fresh
- ☐ 0.8 cup tomatoes
- ☐ 0.3 cup parmesan freshly grated
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 1 uncook pizza crust whole-wheat
- ☐ 1 ounce pancetta thin

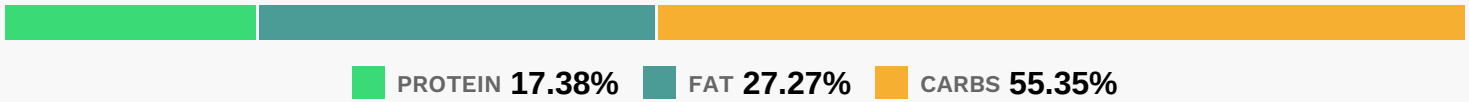
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place pizza crust on a baking sheet.
- ☐ Spread marinara sauce evenly over crust, leaving a 1-inch border around the edges.
- ☐ Combine mozzarella and Parmesan, and sprinkle evenly over sauce. Top with prosciutto and tomato slices.
- ☐ Bake until cheese is bubbly and crust is browned around the edges (12-15 minutes).
- ☐ Remove from oven, and distribute basil leaves evenly over pizza.
- ☐ Let pizza set for 5 minutes. Slice into 8 pieces, and serve immediately.
- ☐ On-the-Go Alternative: Healthy Choice Caf Steamers Chicken Pesto Classico.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:6.5995651509451%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 373.11kcal (18.66%), Fat: 11.31g (17.4%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 49.36g (17.95%), Sugar: 3.66g (4.06%), Cholesterol: 17.89mg (5.96%), Sodium: 977.88mg (42.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.44%), Calcium: 283.08mg (28.31%), Iron: 3.36mg (18.65%), Phosphorus: 134.82mg (13.48%), Fiber: 2.29g (9.14%), Vitamin A: 422.23IU (8.44%), Vitamin C: 6.27mg (7.6%), Selenium: 5.19µg (7.41%), Vitamin B2: 0.1mg (6.01%), Potassium: 198.13mg (5.66%), Vitamin E: 0.8mg (5.35%), Zinc: 0.77mg (5.12%), Vitamin K: 5.29µg (5.04%), Vitamin B6: 0.09mg (4.53%), Vitamin B3: 0.85mg (4.23%), Magnesium: 15.37mg (3.84%), Manganese: 0.08mg (3.76%), Vitamin B12: 0.23µg (3.75%), Copper: 0.07mg

(3.7%), Vitamin B1: 0.04mg (2.69%), Vitamin B5: 0.24mg (2.39%), Folate: 8.03µg (2.01%)