



Pizza with Proscuitto, Tomatoes and Parmesan Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



1957 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 basil leaves fresh
- ☐ 0.8 cup tomatoes
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 12 inch pre-baked pizza crust whole-wheat
- ☐ 1 ounce proscuitto di parma thin
- ☐ 4 ounces tomatoes sliced

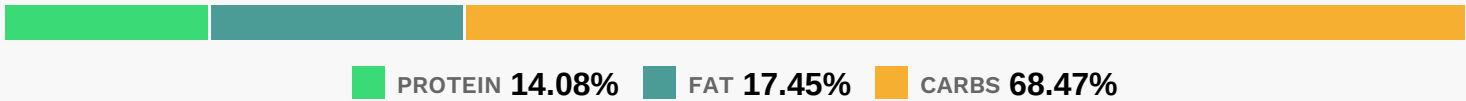
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place pizza crust on a baking sheet.
- ☐ Spread sauce evenly over crust, leaving a one-inch border around the edges.
- ☐ Combine cheeses and sprinkle evenly over sauce. Top with prosciutto slices and tomatoes.
- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:14.550434659357%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1956.78kcal (97.84%), Fat: 37.77g (58.11%), Saturated Fat: 18.74g (117.15%), Carbohydrates: 333.51g (111.17%), Net Carbohydrates: 322.23g (117.18%), Sugar: 12.78g (14.2%), Cholesterol: 19.08mg (6.36%), Sodium: 4057.58mg (176.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.6g (137.19%), Iron: 19.07mg (105.96%), Calcium: 792.07mg (79.21%), Fiber: 11.28g (45.12%), Phosphorus: 134.31mg (13.43%), Vitamin A: 601.29IU (12.03%), Vitamin C: 7.24mg (8.78%), Selenium: 5.91µg (8.44%), Potassium: 243.28mg (6.95%), Vitamin K: 7.18µg (6.83%), Vitamin B2: 0.11mg (6.21%), Vitamin E: 0.9mg (6.02%), Zinc: 0.9mg (5.98%), Vitamin B6: 0.1mg (5.13%), Manganese: 0.1mg (4.91%), Vitamin B3: 0.94mg (4.68%), Magnesium: 16.78mg (4.19%), Copper: 0.08mg (4.08%), Vitamin B12: 0.23µg (3.91%), Vitamin B1: 0.05mg (3.04%), Folate: 10.57µg (2.64%), Vitamin B5: 0.24mg (2.4%)