



WHATSheATE



HEALTH SCORE

61%

Potato and Pancetta, Pizza



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



3146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 servings basil for garnish



0.8 cup corn meal for dusting



0.5 cup flour for "bench flour"



0.5 juice of lime



2 tablespoons olive oil for brushing



1 pound pancetta diced



0.3 cup parmesan grated



2 servings bell pepper

- ☐ 2 pizza dough store-bought
- ☐ 1 cup roasted bell peppers red julienned
- ☐ 1 teaspoon salt
- ☐ 0.5 pound taleggio cheese sliced
- ☐ 4 cups yukon gold potatoes

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot

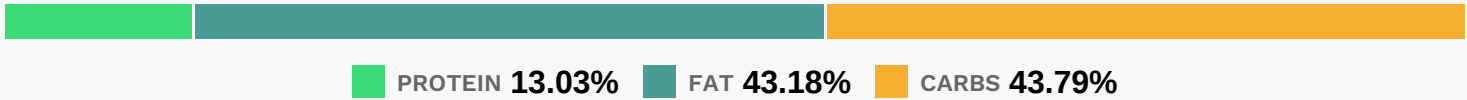
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 450 degrees F
- ☐ Bring a large pot of water to a boil and add salt.
- ☐ Add the potatoes and cook until the potatoes are just tender but not fully cooked, 8 to 10 minutes.
- ☐ Remove the potatoes from the water and place on a towel to dry and cool. Once the potatoes have cooled enough to touch, slice them into 1/4 inch slices.
- ☐ Meanwhile, cook the pancetta in a non-stick pan over medium heat until most of the fat has rendered out and crispy.
- ☐ Drain on a paper towel lined plate.
- ☐ Dust a flat surface with flour and roll out the pizza dough until it is 1/4 of an inch thick.
- ☐ Place the sliced potatoes on top of the pizza dough so that the entire surface is covered, drizzle olive oil over the top of the potatoes and place in the oven.
- ☐ Bake for 10 to 12 minutes until the potatoes start to brown.
- ☐ Remove the pizza from the oven and sprinkle with the cooked pancetta, red bell peppers, red pepper flakes and both cheeses.

- ☐
- Place the pizza back in the oven and cook for about 7 more minutes until all of the cheese has melted and the top of the pizza begins to brown.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:178.13, Glycemic Load:104.76, Inflammation Score:-10, Nutrition Score:64.498695332071%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 3146.04kcal (157.3%), Fat: 152.4g (234.47%), Saturated Fat: 58.27g (364.2%), Carbohydrates: 347.7g (115.9%), Net Carbohydrates: 322.51g (117.28%), Sugar: 32.31g (35.9%), Cholesterol: 247.77mg (82.59%), Sodium: 8021.46mg (348.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 103.5g (207%), Vitamin C: 223.74mg (271.19%), Vitamin B6: 2.72mg (136.17%), Iron: 19.55mg (108.62%), Vitamin A: 5208.11IU (104.16%), Fiber: 25.19g (100.76%), Vitamin B1: 1.49mg (99.59%), Vitamin B3: 18.6mg (93.02%), Selenium: 64.29µg (91.84%), Phosphorus: 886.49mg (88.65%), Calcium: 876.1mg (87.61%), Potassium: 2952.51mg (84.36%), Manganese: 1.57mg (78.47%), Magnesium: 230.77mg (57.69%), Folate: 201.62µg (50.41%), Copper: 0.91mg (45.69%), Zinc: 6.8mg (45.31%), Vitamin B2: 0.67mg (39.61%), Vitamin B5: 3.48mg (34.84%), Vitamin E: 4.51mg (30.1%), Vitamin K: 29.84µg (28.42%), Vitamin B12: 1.28µg (21.4%), Vitamin D: 0.97µg (6.46%)