



Prosciutto and Arugula Pizza



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

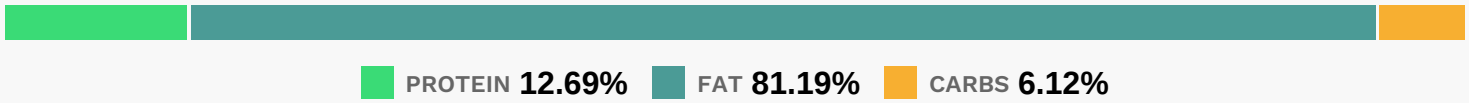
- ☐ 12 small arugula whole coarsely chopped
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 slices pancetta thin
- ☐ 0.3 cup roma tomatoes shredded
- ☐ 0.3 cup mozzarella fresh shredded
- ☐ 0.3 cup tomatoes

Equipment

Directions

- ☐ Spread the tomato sauce evenly over the parbaked pizza crust, leaving a 1/2-inch border. Scatter the cheeses evenly over the sauce. Broil as directed, then drizzle olive oil over the pizza. Drape the slices of prosciutto over the warm pizza and scatter the arugula over the prosciutto.
- ☐ Cut into 6 slices and serve.
- ☐ Reprinted with permission from Molto Gusto: Easy Italian Cooking by Mario Batali and Mark Ladner, © 2010 Ecco

Nutrition Facts



Properties

Glycemic Index:135, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:12.438695767651%

Flavonoids

Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg 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: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 8.46mg, Kaempferol: 8.46mg, Kaempferol: 8.46mg, Kaempferol: 8.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 364.55kcal (18.23%), Fat: 33.31g (51.25%), Saturated Fat: 9.92g (61.98%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.11g (1.49%), Sugar: 3.32g (3.68%), Cholesterol: 43.24mg (14.41%), Sodium: 398.98mg (17.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.43%), Vitamin K: 42.85µg (40.81%), Vitamin A: 1573.63IU (31.47%), Vitamin C: 16.81mg (20.37%), Calcium: 191.18mg (19.12%), Vitamin E: 2.83mg (18.87%), Phosphorus: 180.82mg (18.08%), Selenium: 11.26µg (16.09%), Vitamin B12: 0.8µg (13.31%), Potassium: 401.8mg (11.48%), Manganese: 0.2mg (9.94%), Folate: 39.7µg (9.92%), Zinc: 1.47mg (9.81%), Vitamin B3: 1.96mg (9.81%), Vitamin B1: 0.14mg (9.53%), Vitamin B6: 0.19mg (9.51%), Vitamin B2: 0.14mg (8.48%), Magnesium: 31.32mg (7.83%), Fiber: 1.54g (6.16%), Iron: 0.94mg (5.24%), Copper: 0.09mg (4.58%), Vitamin B5: 0.41mg (4.08%), Vitamin D: 0.24µg (1.6%)