



Prosciutto and Mozzarella Flatbread Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.8 oz pizza dough refrigerated canned
- 3 tablespoons olive oil
- 1 small onion red thinly sliced
- 4 oz mozzarella cheese shredded
- 6 oz mozzarella fresh cut into thin slices
- 2 slices pancetta coarsely chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 cup arugula

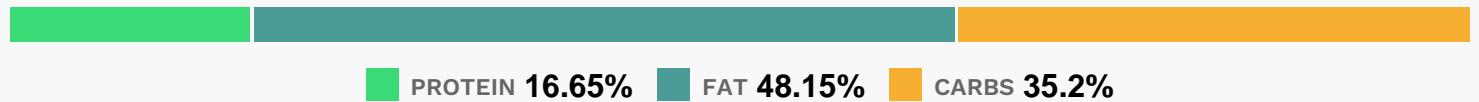
Equipment

- baking sheet
- baking paper
- oven

Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper. Unroll dough on cookie sheet; roll to 1/4-inch thickness.
- Brush dough with half of the oil.
- Bake 8 minutes.
- Brush partially baked crust with remaining oil. Top with onion, shredded cheese, sliced cheese and prosciutto.
- Sprinkle evenly with salt and pepper.
- Bake 10 minutes longer or until cheese is melted. Top with arugula.
- Cut into slices; serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:4.9004347790842%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 287.33kcal (14.37%), Fat: 15.5g (23.85%), Saturated Fat: 6.04g (37.72%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 24.5g (8.91%), Sugar: 4.01g (4.45%), Cholesterol: 29.32mg (9.77%), Sodium: 735.35mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.13%), Calcium: 184.64mg (18.46%), Vitamin B12:

0.82µg (13.63%), Phosphorus: 133.06mg (13.31%), Selenium: 6.5µg (9.29%), Iron: 1.57mg (8.71%), Zinc: 1.09mg (7.26%), Vitamin B2: 0.11mg (6.28%), Vitamin E: 0.84mg (5.6%), Vitamin A: 270.57IU (5.41%), Vitamin K: 5.5µg (5.23%), Fiber: 1g (4.01%), Magnesium: 9.4mg (2.35%), Manganese: 0.04mg (2.05%), Vitamin B6: 0.04mg (1.8%), Potassium: 56.49mg (1.61%), Folate: 6.32µg (1.58%), Vitamin B1: 0.02mg (1.54%), Vitamin C: 1.21mg (1.46%)