



Prosciutto-Mozza Pizza

READY IN



55 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornmeal
- ☐ 6 ounces mozzarella cheese fresh thinly sliced
- ☐ 0.7 cup lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup oregano leaves fresh
- ☐ 2 ounces pancetta thinly sliced
- ☐ 1 pound pizza dough fresh refrigerated

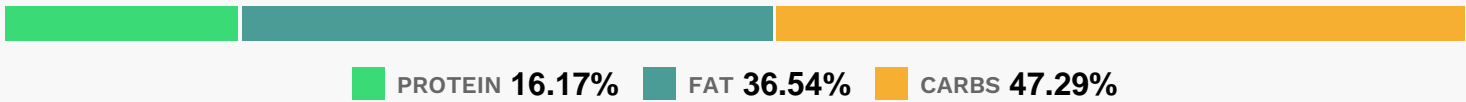
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Let the dough stand at room temperature, covered, for 30 minutes.
- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Roll the dough into a 14-inch circle on a lightly floured surface, and pierce entire surface liberally with a fork. Carefully remove pizza stone from oven.
- ☐ Sprinkle cornmeal over pizza stone; place dough on pizza stone.
- ☐ Spread sauce over dough, leaving a 1/2-inch border; top with cheese.
- ☐ Bake at 500 for 14 minutes or until crust is golden and cheese is lightly browned.
- ☐ Remove from oven; brush outer crust with olive oil. Arrange prosciutto over pizza; top with oregano.
- ☐ Cut into 6 large slices.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.39, Inflammation Score:-9, Nutrition Score:7.0373914138131%

Nutrients (% of daily need)

Calories: 340.45kcal (17.02%), Fat: 14.03g (21.58%), Saturated Fat: 5.81g (36.32%), Carbohydrates: 40.84g (13.61%), Net Carbohydrates: 38.29g (13.92%), Sugar: 6.06g (6.73%), Cholesterol: 28.63mg (9.54%), Sodium: 916.52mg (39.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.94%), Iron: 3.26mg (18.11%), Calcium: 179.5mg (17.95%), Vitamin K: 14.65µg (13.96%), Phosphorus: 128.03mg (12.8%), Vitamin B12: 0.69µg (11.56%), Fiber: 2.55g (10.2%), Selenium: 7.07µg (10.1%), Manganese: 0.15mg (7.46%), Zinc: 1.1mg (7.36%), Vitamin E: 1.05mg (7%), Vitamin A: 347.03IU (6.94%), Vitamin B2: 0.12mg (6.92%), Vitamin B6: 0.09mg (4.65%), Magnesium: 18.07mg (4.52%), Potassium: 151.69mg (4.33%), Vitamin B3: 0.81mg (4.07%), Vitamin B1: 0.05mg (3.31%), Copper: 0.06mg (2.75%), Folate: 9.74µg (2.44%), Vitamin C: 1.95mg (2.37%), Vitamin B5: 0.2mg (2.05%), Vitamin D: 0.15µg (1.01%)