



Prosciutto-Mozzarella Piadine

READY IN



255 min.

SERVINGS



35

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces baby arugula
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 4 tablespoons butter softened
- ☐ 2 cups flour all-purpose
- ☐ 0.5 pound mozzarella cheese fresh
- ☐ 35 servings kosher salt
- ☐ 0.3 cup milk warmed
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 35 servings pepper freshly ground

- ☐ 12 ounces pancetta thinly sliced
- ☐ 35 servings vegetable oil
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

Directions

- ☐ In a stand mixer fitted with the dough hook, mix the flour with the baking powder and 1 1/2 teaspoons of salt.
- ☐ Add the water, milk and butter and beat at low speed for 10 minutes. Form the dough into a ball and transfer to an oiled bowl. Cover and let stand for 3 hours.
- ☐ On a floured surface, form the dough into 4 balls; set them on a floured baking sheet. Cover and let stand for 30 minutes.
- ☐ Preheat the oven to 35
- ☐ Heat a large cast-iron skillet.
- ☐ Roll out 1 ball of dough to a 10-inch round; prick with a fork. Oil the skillet.
- ☐ Add the round and cook over moderately high heat until it browns on the bottom and bubbles on top. Flip the round and cook until it's browned on the bottom; transfer to a baking sheet. Repeat with the remaining dough.
- ☐ In a bowl, toss the arugula and olive oil; season with salt and pepper. Divide the prosciutto, mozzarella and arugula among the flatbreads and fold over.
- ☐ Bake until the mozzarella is softened.
- ☐ Cut into wedges and serve.

Nutrition Facts



 **PROTEIN 6.21%**  **FAT 83.34%**  **CARBS 10.45%**

Properties

Glycemic Index:9.89, Glycemic Load:4.06, Inflammation Score:-2, Nutrition Score:4.144782613153%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 226.67kcal (11.33%), Fat: 21.15g (32.54%), Saturated Fat: 5.2g (32.53%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.71g (2.08%), Sugar: 0.22g (0.25%), Cholesterol: 15.18mg (5.06%), Sodium: 316.71mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin K: 29.09µg (27.7%), Vitamin E: 1.31mg (8.74%), Selenium: 5.54µg (7.91%), Vitamin B1: 0.09mg (5.81%), Phosphorus: 49.47mg (4.95%), Calcium: 44.69mg (4.47%), Vitamin B3: 0.83mg (4.15%), Folate: 15.95µg (3.99%), Vitamin B2: 0.07mg (3.92%), Manganese: 0.07mg (3.64%), Vitamin B12: 0.21µg (3.47%), Vitamin A: 148.42IU (2.97%), Iron: 0.46mg (2.55%), Zinc: 0.38mg (2.51%), Vitamin B6: 0.03mg (1.73%), Magnesium: 5.63mg (1.41%), Potassium: 45.16mg (1.29%), Vitamin B5: 0.11mg (1.15%), Fiber: 0.26g (1.03%)