



Prosciutto Pizza with Tangy White Sauce

READY IN



1670 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon yeast dry
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 7.8 ounces bread flour divided ()
- ☐ 1.5 tablespoons butter
- ☐ 2 teaspoons dijon mustard
- ☐ 1 large egg yolk
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1.5 teaspoons garlic fresh minced

- ☐ 0.8 cup gruyere cheese shredded
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 1.5 tablespoons olive oil divided
- ☐ 2 ounces pancetta thinly sliced
- ☐ 0.7 cup water (100° to 110°)

Equipment

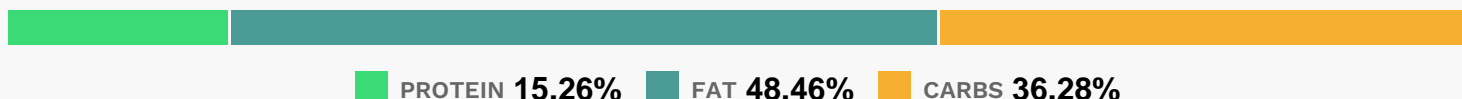
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer
- ☐ measuring cup
- ☐ pizza stone

Directions

- ☐ Combine 2/3 cup warm water and yeast in the bowl of a stand mixer fitted with dough hook, and let stand 5 minutes or until bubbles form. Weigh or lightly spoon 75 ounces bread flour (about 1 1/2 cups) into dry measuring cups; level with a knife.
- ☐ Sprinkle 75 ounces bread flour over yeast mixture.
- ☐ Add 1 tablespoon olive oil and salt.
- ☐ Mix at low speed for 2 minutes or until dough forms a ball. Increase speed to medium, and mix 8 minutes or until smooth and elastic.

- ☐ Place dough in a medium bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place, free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down.
- ☐ Cover surface of dough with plastic wrap lightly coated with cooking spray. Refrigerate for 24 hours.
- ☐ Remove the dough from refrigerator.
- ☐ Let stand, covered, for 2 hours or until dough comes to room temperature. Punch dough down.
- ☐ Place a piece of parchment paper on a flat work surface, and sprinkle parchment with remaining 2 tablespoons bread flour.
- ☐ Roll dough out to a 13-inch circle. Slide the parchment and dough onto a pizza peel or flat baking sheet.
- ☐ Brush the dough evenly with remaining 1 1/2 teaspoons olive oil. Cover dough lightly with plastic wrap.
- ☐ Position an oven rack in the lowest setting, and place a pizza stone on rack. Preheat oven to 500.
- ☐ Combine milk and next 3 ingredients (through egg yolk) in a medium bowl, stirring with a whisk. Melt butter in a medium saucepan over low heat.
- ☐ Add garlic to pan; cook for 3 minutes or just until butter and garlic begin to brown, stirring frequently.
- ☐ Add 2 teaspoons all-purpose flour to pan, and cook 30 seconds, stirring constantly with a whisk. Stir in milk mixture, and bring to a boil. Cook for 1 minute or until thick, stirring constantly with a whisk.
- ☐ Spread sauce in an even layer over dough, leaving a 1/4-inch border; sprinkle sauce evenly with cheese. Slide parchment and pizza onto preheated pizza stone.
- ☐ Bake at 500 for 18 minutes or until crust is golden. Arrange prosciutto on pizza, and sprinkle with chives.
- ☐ Cut pizza into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:17.67, Inflammation Score:-4, Nutrition Score:8.4413042534953%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 326.46kcal (16.32%), Fat: 17.48g (26.89%), Saturated Fat: 7.4g (46.26%), Carbohydrates: 29.45g (9.82%), Net Carbohydrates: 28.27g (10.28%), Sugar: 1.73g (1.92%), Cholesterol: 64.87mg (21.62%), Sodium: 432.79mg (18.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.76%), Selenium: 22.14µg (31.63%), Calcium: 217.32mg (21.73%), Phosphorus: 195.51mg (19.55%), Manganese: 0.35mg (17.44%), Vitamin B2: 0.17mg (10.19%), Vitamin B1: 0.15mg (9.96%), Zinc: 1.35mg (9%), Vitamin B12: 0.53µg (8.82%), Folate: 33.5µg (8.37%), Vitamin A: 342.99IU (6.86%), Vitamin E: 0.91mg (6.07%), Vitamin B5: 0.59mg (5.85%), Magnesium: 21.86mg (5.47%), Vitamin B3: 1.06mg (5.3%), Fiber: 1.18g (4.71%), Copper: 0.09mg (4.69%), Vitamin B6: 0.09mg (4.65%), Vitamin K: 4.37µg (4.16%), Potassium: 128.86mg (3.68%), Iron: 0.61mg (3.37%), Vitamin D: 0.29µg (1.93%)