



Roast Turkey and Prosciutto Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup torn arugula leaves
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 ounces fontina shredded
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 ounce parmigiano-reggiano cheese grated
- ☐ 12 ounce prebaked pizza crust (such as Mama Mary's)
- ☐ 2 ounces pancetta finely chopped
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.8 cup tomato and basil pasta sauce

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1 cup turkey breast shredded cooked

Equipment

☐

baking sheet

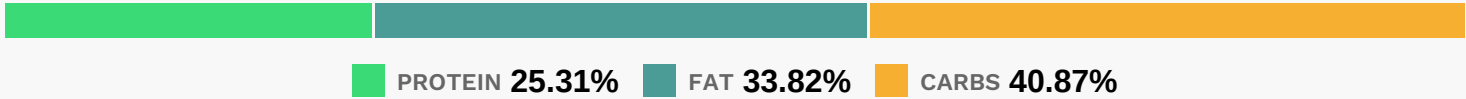
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oven

Directions

- ☐
- Preheat oven to 42
- ☐
- Place crust on a baking sheet.
- ☐
- Spread sauce over crust; sprinkle with fontina. Toss turkey with vinegar. Top pizza with turkey, onion, Parmigiano-Reggiano cheese, and pepper.
- ☐
- Bake at 425 for 12 minutes or until crust is browned.
- ☐
- Remove from oven.
- ☐
- Sprinkle with arugula and prosciutto.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:11.393912968428%

Flavonoids

Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 463.67kcal (23.18%), Fat: 17.33g (26.66%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 47.11g (15.7%), Net Carbohydrates: 44.62g (16.23%), Sugar: 4.83g (5.36%), Cholesterol: 62.56mg (20.85%), Sodium: 984.85mg (42.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.36%), Vitamin B3: 6.52mg (32.6%), Selenium: 20.05µg (28.64%), Vitamin B6: 0.54mg (27.12%), Calcium: 269.91mg (26.99%), Phosphorus: 267.59mg (26.76%), Iron: 3.07mg (17.07%), Vitamin B12: 0.77µg (12.78%), Zinc: 1.69mg (11.26%), Fiber: 2.49g (9.94%), Vitamin B2: 0.16mg (9.39%), Vitamin A: 462.2IU (9.24%), Potassium: 315.59mg (9.02%), Vitamin B5: 0.68mg (6.78%), Magnesium: 26.63mg (6.66%), Vitamin K: 6.22µg (5.93%), Vitamin B1: 0.08mg (5.06%), Vitamin C: 3.36mg (4.07%),

Manganese: 0.07mg (3.61%), Folate: 14.16µg (3.54%), Copper: 0.06mg (2.84%), Vitamin D: 0.24µg (1.58%), Vitamin E: 0.18mg (1.18%)