



## Salami Honey Pizza

READY IN



35 min.

SERVINGS



35

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp mild honey to taste ( )
- 2 Tbsp olive oil
- 1 lb pizza dough homemade ( or purchased)
- 0.8 cup classico pizza sauce homemade traditional ( or purchased)
- 4 slices provolone cheese kraft
- 12 slices genoa salami hard thin
- 1 Tbsp semolina
- 2 cups mozzarella cheese shredded kraft

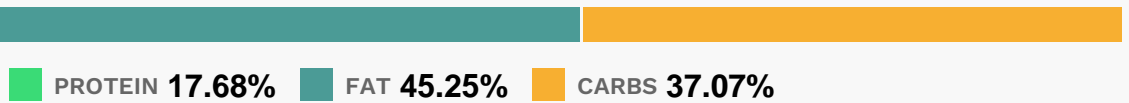
## Equipment

- frying pan
- oven

## Directions

- PREHEAT the oven to 475F.
- DRIZZLE 2 tablespoons of olive oil over the bottom of a rimmed half sheet pan.
- Sprinkle the semolina or cornmeal over the surface evenly. Use oiled hands to press the pizza dough over the bottom of the half sheet pan, stretching the dough as thinly as possible without tearing it. Try to get the dough to reach into the corners and up to the edges of the pan. If the dough is fighting you, let it rest for 10 minutes then try again. The dough should be more relaxed at that point.
- SPREAD the pizza sauce evenly over the crust, then scatter the mozzarella over the top. Tear the provolone slices into 2-inch pieces and distribute that evenly over the mozzarella. Arrange the salami slices on top.
- Bake the pizza for 15 minutes, or until the crust is deep golden brown around the outside, the cheese is melted and bubbly, and the salami pieces have curled and are crisp on the edges. As soon as the pizza comes out of the oven, drizzle the honey mainly over the salami pieces, but also over the outer edges of the crust.
- Cut into rectangles and serve immediately with many, many napkins.

## Nutrition Facts



## Properties

Glycemic Index:7.08, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:1.7221739272708%

## Nutrients (% of daily need)

Calories: 84.34kcal (4.22%), Fat: 4.28g (6.59%), Saturated Fat: 1.8g (11.22%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 7.59g (2.76%), Sugar: 2.06g (2.29%), Cholesterol: 8.99mg (3%), Sodium: 244.31mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Calcium: 49.97mg (5%), Vitamin B12: 0.26µg (4.4%), Phosphorus: 42.6mg (4.26%), Selenium: 2.24µg (3.21%), Iron: 0.5mg (2.77%), Zinc: 0.41mg (2.73%), Vitamin

B2: 0.04mg (2.32%), Vitamin B1: 0.03mg (2.21%), Vitamin A: 85.11IU (1.7%), Vitamin B6: 0.03mg (1.4%), Vitamin E: 0.21mg (1.39%), Vitamin B3: 0.24mg (1.22%), Fiber: 0.3g (1.21%), Potassium: 36.67mg (1.05%)