



Sun-Dried Tomato and Prosciutto Pizza

READY IN



15 min.

SERVINGS



16

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 oz uncook pizza crust italian ready-to-serve thin (12 inch)
- ☐ 0.3 cup sun-dried olives
- ☐ 3 ounces pancetta thinly sliced cut into thin strips
- ☐ 2 tablespoons basil fresh shredded
- ☐ 4 oz mozzarella cheese shredded finely

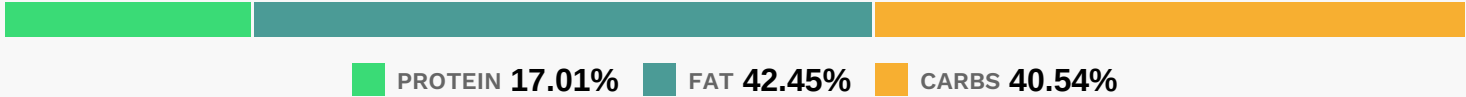
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. On ungreased cookie sheet, place pizza crust.
- ☐ Spread with tomato spread. Top with prosciutto, basil and cheese.
- ☐ Bake about 8 minutes or until cheese is melted.
- ☐ Cut into small squares or wedges.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.8847826175068%

Nutrients (% of daily need)

Calories: 96.24kcal (4.81%), Fat: 4.55g (7%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 9.3g (3.38%), Sugar: 0.99g (1.1%), Cholesterol: 9.11mg (3.04%), Sodium: 175.44mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Calcium: 54.5mg (5.45%), Phosphorus: 39mg (3.9%), Iron: 0.7mg (3.88%), Selenium: 2.37µg (3.38%), Vitamin B12: 0.19µg (3.14%), Potassium: 75.6mg (2.16%), Zinc: 0.31mg (2.04%), Vitamin B2: 0.03mg (1.94%), Fiber: 0.48g (1.93%), Vitamin B3: 0.38mg (1.89%), Manganese: 0.04mg (1.87%), Vitamin K: 1.94µg (1.85%), Vitamin B1: 0.03mg (1.73%), Vitamin A: 78.09IU (1.56%), Copper: 0.03mg (1.42%), Magnesium: 5.55mg (1.39%), Vitamin B6: 0.02mg (1.14%)