



Veggi-Prosciutto Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach
- ☐ 10 ounces cremini mushrooms thinly sliced
- ☐ 1 teaspoon pepper red crushed
- ☐ 9 ounces artichoke hearts frozen thawed chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.8 cup parmesan grated
- ☐ 1.5 cups part-skim mozzarella grated
- ☐ 16 ounces pizza dough whole-wheat frozen thawed
- ☐ 2 slices pancetta fat removed cut into strips thin

☐ 1 cup tomato sauce low-sodium

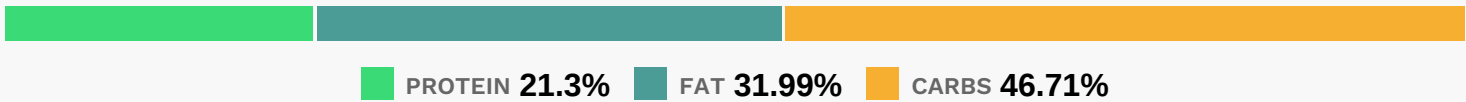
Equipment

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 400°F.
- ☐ Rolldough into a 10-inch disk;transfer to a pizza pan.
- ☐ Spread sauce evenly acrossdough.
- ☐ Sprinkle mozzarella,mushrooms, spinach,artichoke hearts andprosciutto evenly over pizza;top with Parmesan.
- ☐ Drizzlewith oil and sprinkle withred pepper.
- ☐ Bake until crustis light brown and cheeseis bubbly, 15 to 20 minutes.Cool 5 minutes; cutinto 6 slices and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:21.561739024909%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 379.73kcal (18.99%), Fat: 13.9g (21.38%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 41.42g (15.06%), Sugar: 7.48g (8.31%), Cholesterol: 28.18mg (9.39%), Sodium: 1175.49mg (51.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.65%), Vitamin K: 100.16µg (95.39%), Vitamin A: 2449.82IU (49%), Calcium: 410.32mg (41.03%), Phosphorus: 323.42mg (32.34%), Selenium: 20.26µg (28.95%), Vitamin B2: 0.49mg (28.65%), Folate: 111.36µg (27.84%), Manganese: 0.4mg (20.24%), Iron: 3.62mg (20.13%),

Copper: 0.35mg (17.38%), Potassium: 596.84mg (17.05%), Fiber: 4.24g (16.98%), Vitamin B3: 2.92mg (14.6%), Zinc: 2.01mg (13.43%), Vitamin C: 10.73mg (13.01%), Magnesium: 50.42mg (12.6%), Vitamin B6: 0.21mg (10.55%), Vitamin E: 1.54mg (10.27%), Vitamin B5: 1.02mg (10.24%), Vitamin B1: 0.11mg (7.54%), Vitamin B12: 0.44µg (7.34%), Vitamin D: 0.2µg (1.36%)