



Venetian Rolled Pizza

READY IN



36 min.

SERVINGS



18

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 ounces torn baby spinach
- 18 servings kosher salt for seasoning
- 1 tablespoon olive oil
- 1 pound pizza dough
- 7 ounces pancetta thinly sliced
- 8 ounces mozzarella cheese shredded

Equipment

- baking sheet

- oven
- serrated knife

Directions

- Watch how to make this recipe.
- Position an oven rack in the lower 1/3 of the oven and preheat to 425 degrees F.
- On a lightly floured work surface, roll out the pizza dough to a 12 to 14-inch diameter circle, about 1/4-inch thick.
- Sprinkle 1/2 of the mozzarella over the dough. Arrange the prosciutto over the cheese in a single layer.
- Sprinkle with the spinach. Top with the remaining cheese. Take 1 end of the circle and roll the dough up into a thin cylinder, gently folding in the ends.
- Brush the dough with the olive oil and season with the salt.
- Place the dough, seam side down, on a parchment lined baking sheet and bake for 25 minutes until the top is golden brown. Allow the pizza to cool for 10 minutes. Using a serrated knife, cut the pizza into 3/4-inch pieces and serve.

Nutrition Facts

PROTEIN 16.12% **FAT 51.29%** **CARBS 32.59%**

Properties

Glycemic Index:3.28, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.1169565229312%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 153.18kcal (7.66%), Fat: 8.76g (13.48%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 12.09g (4.4%), Sugar: 1.7g (1.89%), Cholesterol: 17.23mg (5.74%), Sodium: 529.85mg (23.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Vitamin K: 12.17µg (11.59%), Calcium: 66.65mg (6.66%), Selenium: 4.38µg (6.26%), Vitamin A: 310.78IU (6.22%), Phosphorus: 61.64mg (6.16%), Vitamin B12: 0.34µg (5.71%), Iron: 0.85mg (4.73%), Zinc: 0.51mg (3.41%), Vitamin B2: 0.05mg (2.89%), Vitamin B1: 0.04mg (2.4%),

Vitamin B3: 0.47mg (2.37%), Vitamin B6: 0.04mg (1.93%), Fiber: 0.43g (1.72%), Vitamin E: 0.23mg (1.54%),
Magnesium: 5.71mg (1.43%), Folate: 5.47µg (1.37%), Manganese: 0.03mg (1.33%), Potassium: 44.64mg (1.28%)