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Easy Thin Crust Pizza with Spinach and Prosciutto

This recipe is a delicious and easy-to-make thin crust pizza topped with fresh spinach and savory prosciutto. It's perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	pizza dough
2 tbsp	Olive oil
2 cloves	garlic
200 g	spinach
100 g	Prosciutto

150 g	mozzarella cheese
50 g	parmesan cheese
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 475°F (245°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Roll out the pizza dough on a floured surface to desired thickness.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Transfer the rolled-out dough to a baking sheet or pizza stone.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sautéing

In a small pan, heat the olive oil over medium heat. Add the minced garlic and sauté until fragrant, about 1 minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 5

Spread the garlic-infused olive oil evenly over the pizza dough.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Sprinkle the mozzarella cheese over the dough, followed by the spinach and prosciutto.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Season with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Baking

Bake in the preheated oven for 12-15 minutes, or until the crust is golden and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 9

Cooling

Remove from the oven and let cool for a few minutes before slicing and serving.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Chinese

American

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Course

Salads

Main Dishes

Diet

Anti-Inflammatory Diet

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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