

# Original Parma ham and mozzarella Italian Piadina

Yield: 4 min  
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-piadina-recipe>

## Ingredients:

- 200 grams wheat flour
- 1/2 teaspoon baking powder
- 30 milliliters olive oil
- 80 milliliters warm water
- 4 slices parma ham
- 1 cup shredded mozzarella
- 1/2 cup sun dried tomatoes
- 1 cup rucola

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 20 milligrams
4. Fat: 27 grams
5. Fiber: 7 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams
8. Sodium: 390 milligrams
9. Sugar: 3 grams

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