

The Mediterranean Pizza



Franco Pepe





Eat well
and stay well

[Ancel Keys]



The Mediterranean Pizza



The **Pepe in grani – Mediterranean Pizza** project wishes to clear the pizza from the collective bias that labelled it as a "comfort food" only.

It was born from the need to bring health to the table, focusing on the right balance between the macronutrients - carbohydrates, proteins and fats - present in the dish, balancing them with fiber, which affects digestion time and food absorption, helping to make pizza an excellent "complete dish".

Considering the attention paid to the fiber content, some of the pizzas will be accompanied by an "extra-dish" consisting of vegetables that help to balance the glycemic index of the meal, speed up intestinal transit, and balance the absorption and elimination of fats.

The concept of Mediterranean Pizza was born this way, with 55-60% of the caloric intake originating from carbohydrates, 15-18% from proteins and 25-30% from fats. Significant attention was paid to the fiber content, antioxidants, minerals, in full respect of the Mediterranean Diet food pyramid, as Ancel Keys writes in his book "How to Eat Well and Stay Well, the Mediterranean way".

Specifically, the nutritional values listed in the tables have been calculated starting from the dough obtained using the "Zero Pepe" flour.

We are pleased to announce that this new edition of our menu is even more special. In fact, many of the pizzas included in the 2021 edition of the "Mediterranean Pizza" menu have found common purpose from the cooperation between the Pepe in Grani team and AIRC. The scientific dialog between professionals from both sides led to the approval of seven of the proposed recipes, which in addition to the Mediterranean diet parameters meet and embody all those principles of healthy eating promoted by the Foundation.

Moreover, the pizza of choice will be accompanied by a small bowl containing "Pepe Dressing" featuring olive oil, seeds and local spices that can be enjoyed with any leftover pizza crust.

Franco Pepe

La Ritrovata

Dough 200 g
Amalfi coast anchovies 35 g
San Marzano PDO tomato sauce 50 g

Piennolo del Vesuvio Pacchetelle 50 g
Dehydrated capers 2 g
Dehydrated olives 1 g
Garlic-flavored Extra-virgin olive oil 10 g
crystallized basil 5 g

A pizza with roots in the past and wings spread towards the future. The "zeropepe" dough, after its rising time, is topped with our San Marzano PDO tomato sauce and the Piennolo del Vesuvio pacchetelle, which are rich in lycopene, vitamins, minerals and fiber.

The flavor of the earth is combined with that of the sea that tops the pizza with Cetara anchovies, full of omega 3 fatty acids and high nutritional value proteins. The flavor is balanced by the dried Caiazzane olive powder and dehydrated capers, enriched by a drizzle of cold-pressed garlic-flavored oil high in polyphenols and vitamin E.

Last but not least, the crystallized basil with its emerald color dresses to impress and enhances the fragrance of the dish.



This pizza meets the nutritional recommendations provided by AIRC.
The AIRC Foundation recommends a varied and balance diet.







When ordering this
pizza, we will donate
€2 to the
Foundation



EXTRA DISH PAIRING

*Escarole, orange and pumpkin
seeds salad*

Nutrition information

 Energy	645,9 Kcal
 Carbohydrate	95,348 g
 of which sugar	4,219 g
 Protein	31,218 g
 Fat	16,523 g
 of which saturated fatty acids	2,5719 g
 Fiber	5,871 g



Margherita DOP



Dough	200 g
Buffalo mozzarella PDO from Campania	50 g
San Marzano Tomatoes	100 g
Extra-virgin olive oil	10 g

The queen of pizzas.

The San Marzano tomatoes are rich in vitamins, minerals and antioxidants such as lycopene. The PDO buffalo mozzarella from Campania completes the protein intake of the dish and makes it enjoyable and fulfilling to the palate.



This pizza meets the nutritional recommendations provided by AIRC.
The AIRC Foundation recommends a varied and balance diet.

When ordering this
pizza, we will donate
€1 to the
Foundation



EXTRA DISH PAIRING

*Escarole, orange and pumpkin
seeds salad*

Nutrition information

	Energy	708,6 Kcal
	Carbohydrate	95,165 g
	of which sugar	4,56 g
	Protein	28,85 g
	Fat	25,36 g
	of which saturated fatty acids	10,35 g
	Fiber	5,82 g



Viandante



Dough	200g
Extra-virgin olive oil	15g
Buffalo ricotta PDO from Campania	50g
Pistachio grain	5g
Mortadella PGI	50g
Lemon zest	








The dough meets the intense flavor of mortadella - empowered by the exceptional tastiness of PDO buffalo ricotta – ensuring a good carbohydrate and protein intake. The task of balancing the fat content, and in particular the contribution of "good fats" is guaranteed by the addition of pistachio grain and lemon zest, both useful to supply vitamins and minerals to counteract high cholesterol levels.



EXTRA DISH PAIRING

Escarole, orange and pumpkin seeds salad

Nutrition information

	Energy	835 Kcal
	Carbohydrate	92,06 g
	of which sugar	0,78 g
	Protein	31,23 g
	Fat	39,21 g
	of which saturated fatty acids	10,13 g
	Fiber	5,451 g

Orto del Giorno



Dough	200gr
Fior di latte mozzarella	60gr
Vegetables	100gr



The dough is topped with fior di latte mozzarella, which provides carbohydrates, proteins and fats.

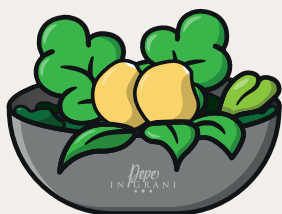
Rediscovering the value of seasonality offers the opportunity to taste the products that the earth provides at peak ripeness, when the organoleptic content is at its highest.

The extra-virgin olive oil contributes to enhancing the flavors and adds vitamin E.



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EXTRA DISH PAIRING

*Oranges, olives and Vairano giant lupini
beans salad*

Nutrition information

	Energy	717,9 Kcal
	Carbohydrate	93,8 g
	of which sugar	2,78 g
	Protein	31,11 g
	Fat	24,89 g
	of which saturated fatty acids	7,8 g
	Fiber	6,74 g

Calzone

with curly escarole



Dough	200 g
Curly escarole	100 g
Anchovies	30 g
Capers	5 g
Black olives	10 g
Extra-virgin olive oil	10 g

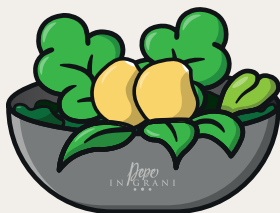


A classic of Campania cuisine. The escarole pizza that, in the collective imagination, brings back to mind the flavors of handmade pizza prepared by grandmothers in the traditional way. A "complete" dish, featuring carbohydrates provided by the soft and digestible dough, dietary fiber supplied by the curly escarole, protein and good fats from the anchovies and the Caiazana cultivar olive oil.



This pizza meets the nutritional recommendations provided by AIRC.
The AIRC Foundation recommends a varied and balance diet.

When ordering this pizza, we will donate €2 to the Foundation



EXTRA DISH PAIRING

Oranges, olives and Vairano giant lupini beans salad

Nutrition information

	Energy	645,9 Kcal
	Carbohydrate	94,185 g
	of which sugar	3,42 g
	Protein	27,63 g
	Fat	18,65 g
	of which saturated fatty acids	1,76 g
	Fiber	7,07 g



Memento

Dough	200 gr
Alife onion cream	60 gr
Chickpea cream from the Caiatine hills	50 gr
Wild chicory	30 gr
Extra-virgin olive oil	10 gr

Protein supplementation, or better, the amino acid intake, is ensured by the chickpea cream which, for this pizza, replaces the mozzarella and makes it very pleasant to the palate.

This is a vegan pizza, without animal by-products, nutritionally complete and created using local products.



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EXTRA DISH PAIRING

Oranges, olives and Vairano giant lupini beans salad

Nutrition information

	Energy	664,35 Kcal
	Carbohydrate	101,97 g
	of which sugar	1,42 g
	Protein	23,88 g
	Fat	15,045 g
	of which saturated fatty acids	2,74 g
	Fiber	8,9 g

Mangiabufalo



Dough	200 g	Walnuts	5 g
Buffalo bresaola	50 g	Curly escarole	50 g
Fabula cheese	30 g	Toasted bread	15 g
Heavy cream	30 g	Modena balsamic vinegar PGI	8 g








Pizza dough meets bresaola, with a reduced cholesterol content and rich in highly bioavailable iron. The Fabula cheese enriches the dish with its content of protein and saturated fats, counterbalanced by the omega 3 fatty acids from the walnuts, which offer also readily bioavailable minerals, such as calcium. The curly escarole, then, provides fiber and vitamins. The choice of toasted bread ensures lovely crunchiness without interfering too much with the glycemic load of the dish, which is further controlled thanks to the acidity of the balsamic vinegar of Modena, produced with no addition of caramel.



EXTRA DISH PAIRING

Escarole, orange and pumpkin seeds salad

Nutrition information

	Energy	833 Kcal
	Carbohydrate	109,52 g
	of which sugar	9,3 g
	Protein	38,89 g
	Fat	26,6 g
	of which saturated fatty acids	6,66 g
	Fiber	6,6 g

Sud Estate



seasonal pizza

Dough	200 g
Buffalo ricotta PDO from Campania	30 g
Buffalo mozzarella PDO from Campania	20 g

Alletterato tuna	30 g
Celery	60 g
Tomato confit	50 g
Black pepper	
Dehydrated olives	1 g



After baking in the oven, the dough is finished with raw ingredients. The pizza dough forms a bed for mozzarella and ricotta, topped by tuna added to complete the protein intake, celery cooked in ice, confit tomatoes cooked at low temperature in the oven for a long time to preserve their vitamin content and enhance their flavor, sweet and firm, black pepper and dehydrated olives. Everything is drizzled with lemon-flavored oil which provides a touch of freshness.

The protein content of this dish is slightly higher than usual, but at the same time it is also richer in fiber, thus suitable for those who need a higher protein intake.



This pizza meets the nutritional recommendations provided by AIRC.
The AIRC Foundation recommends a varied and balance diet.

When ordering this pizza, we will donate
€3 to the
Foundation



EXTRA DISH PAIRING

Escarole, orange and pumpkin seeds salad

Nutrition information

	Energy	739,2 Kcal
	Carbohydrate	99,053 g
	of which sugar	8,004 g
	Protein	41,71 g
	Fat	24,443 g
	of which saturated fatty acids	7,6 g
	Fiber	7,41 g



La Bufala Profumata



Dough	200 gr
Buffalo mozzarella PDO from Campania	50 gr
Buffalo bresaola	50 gr
Pepper mix	
Lime juice	
toasted sesame seeds	2 gr
lemon zest	
Extra-virgin olive oil	10 gr








The dough is drizzled with garlic-flavored olive oil and oregano before going into the oven. Halfway through the cooking, the buffalo mozzarella is added on the dough and cooked quickly in the oven so as not to lose its consistency. Once out of the oven, a sprinkling of pepper mix is added together with a few drops of lime, thin slices of buffalo bresaola, toasted sesame seeds and lime zest. This is a pizza with a summer flavor, fresh and citrusy. The protein content is quite high, but balanced by carbohydrates and fats. Sesame seeds add omega 3 fatty acids, while lime provides essential oils and antioxidants.



EXTRA DISH PAIRING

Escarole, orange and pumpkin seeds salad

Nutrition information

 Energy	766 Kcal
 Carbohydrate	91,915 g
 of which sugar	0,864 g
 Protein	40,19 g
 Fat	26,41 g
 of which saturated fatty acids	10,51 g
 Fiber	5,161 g

La Bilanciata



Dough	200 g
Artichoke cream	100 g
Julienned marinated artichokes	40 g
Vairano giant lupini beans	30 g
Pumpkin seeds	20g
Extra-virgin olive oil to taste	

An after-party pizza. The "zeropepe" dough, after its rising time, goes into the oven topped with a delicate cream of no-salt added artichokes with all its load of vitamins, minerals and fiber.

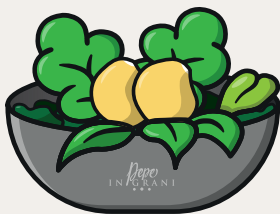
Once out of the oven, it is enriched with raw julienned artichokes.

The dish is topped with pumpkin seeds and Vairano Giant Lupini beans, a slowfood presidium, full of omega-3 fatty acids, vegetable proteins of good nutritional value and fiber.



This pizza meets the nutritional recommendations provided by AIRC.
The AIRC Foundation recommends a varied and balance diet.

When ordering this pizza, we will donate €3 to the Foundation



EXTRA DISH PAIRING

Oranges, olives and Vairano giant lupini beans salad

Nutrition information

⚡ Energy	778,63 Kcal
🍷 Carbohydrate	98,766g
🍷 of which sugar	3,83g
🌱 Protein	31,425g
💧 Fat	28,185g
🍷 of which saturated fatty acids	3,29g
🌱 Fiber	15,701g

Extra dish pairing

Each pizza is served with a side salad of wild greens to ensure a good addition of fiber, vitamins and minerals. All is then enriched by the "Pepe Dressing" served in a bowl to enjoy even the last piece of the pizza's crust.

Escarole, orange and pumpkin seeds



Paired with the following pizzas:

Ritrovata, Margherita, Viandante, Mangiabufalo, Sud Estate, and La Bufala Profumata

Nutrition information per serving (100 g)

🔥 Energy	86,7 Kcal
🍷 Carbohydrate	5,62 g
🍬 of which sugar	04,8 g
✳ Protein	3,78 g
🥑 Fat	5,11 g
🥑 of which saturated fatty acids	0,85 g
🌿 Fiber	1,5 g



PEPE DRESSING

Oranges, olives, and Vairano giant lupini beans



Paired with the following pizzas:

Orto del giorno, Calzone with curly escarole, Memento e Bilanciata

Nutrition information per serving (100 g)

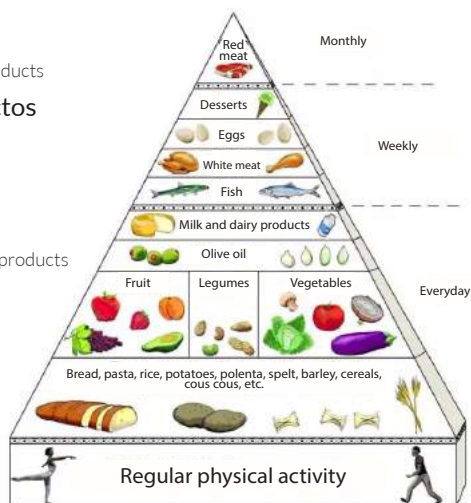
🔥 Energy	150,5 Kcal
🍷 Carbohydrate	7,6 g
🍬 of which sugar	4,15 g
✳ Protein	9,1 g
🥑 Fat	12,05 g
🥑 of which saturated fatty acids	1,7 g
🌿 Fiber	3,5 g



PEPE DRESSING

ALLERGENS KEY

- Grains containing gluten**
wheat, rye, barley, oats, spelt, kamut and their by-products
- Milk and dairy products including lactos**
mozzarella, fior di latte, heavy cream, fabula, ricotta
- Fish and by-products**
anchovies
- Nuts**
almonds, hazelnuts, walnuts, pistachios and their by-products
- Sesame seeds**
sesame seeds and their by-products
- Sulfur dioxide and sulphites**
concentration above 10 mg/kg
- Celery and by-products**
- Lupini beans and legumes**



From an idea by **Franco Pepe**,
Ambassador of the Mediterranean Diet
with the collaboration of
Dr. Michelina Petrazzuoli,
nutritionist biologist.

Pepe Dressing

When eating a pizza, the crust, whose role is that of holding the toppings, reveals the characteristics of the dough. Considering the weight proportions, the crust constitutes about 75% of the dough. Yet, too often, it is left on the dish, returning to the kitchen to end up in the waste bin. When people choose not to eat the crust, they must be aware of the fact that, if the pizza ordered was well balanced in its nutritional content, leaving the crust behind means giving up $\frac{3}{4}$ of the carbohydrates for the dish and necessary to make the dish nutritionally rich.

It also means creating significant food waste. In the same way, one must be aware of the fact that, choosing to consume only the crust does not allow enjoying all the macro and micro nutrients present in the dish, which has been created as a complete meal. Moreover, after a substantial intake of just the carbohydrates from the crust, the effect on the body would be a spike in blood glucose leading then to a quick drop shortly after, leading to hunger again.

Therefore, Pepe In Grani in its Mediterranean Pizza Menu invites everyone to consume the crust in a more conscious and functional way.



The choice is to make the crust the "prince" of the dish by eating it after having enjoyed the pizza. A small fingerfood-size bowl is served with a "functional dressing" in which the remaining crust can be dipped and eaten. The "functional dressing" will have a rich composition of nutritional elements, without weighting too much on the caloric intake, and will have a twofold nutritional role. On the one hand, it will provide beneficial substances for the body, and, on the other hand, it will help to mitigate the blood glucose peak caused by eating the carbohydrate-rich crust. The #Mediterranean pizza dough has been reduced to 200 grams and this way it is easy to make sure that nothing goes to waste!

Buon appetito!



Pepe
I N G R A N I
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