



## Bacon and Brussels Sprouts Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon balsamic vinegar white
- 2 teaspoons olive oil
- 0.5 teaspoon pepper
- 0.3 teaspoon salt
- 1.5 cups brussels sprouts fresh shaved (from 9-oz bag)
- 0.8 cup onion red thinly sliced
- 2 tablespoons honey
- 2 teaspoons juice of lemon
- 1 medium apples thinly sliced (such as Braeburn)

- 11 oz uncook pizza crust refrigerated thin canned
- 0.5 cup bacon crumbled cooked ( 4 slices)
- 0.5 cup cheese blue crumbled

## Equipment

- bowl
- frying pan
- oven
- whisk
- plastic wrap

## Directions

- Heat oven to 400°F. Spray dark 15x10x1-inch pan with cooking spray.
- In medium bowl, beat vinegar, oil, pepper and salt with whisk.
- Add Brussels sprouts and onion; toss to coat. Cover with plastic wrap; refrigerate.
- In medium bowl, beat honey and lemon juice with whisk. Toss with apple to coat. Set aside.
- Unroll dough; place in pan. Starting at center, press out dough to edges of pan.
- Bake about 7 minutes or until edges of crust just begin to turn golden brown. Meanwhile, in 10-inch nonstick skillet, cook Brussels sprouts mixture over medium-high heat about 5 minutes or until crisp-tender and beginning to brown.
- Remove from heat; set aside.
- Top partially baked crust with apple slices in single layer, leaving 1/2-inch border around edges. Discard any extra honey mixture. Divide Brussels sprout mixture evenly over apples.
- Sprinkle with bacon and cheese.
- Bake 8 to 12 minutes or until crust is golden brown.
- Cut and serve immediately.

## Nutrition Facts



**PROTEIN 15.26%** **FAT 31.18%** **CARBS 53.56%**

## Properties

Glycemic Index:42.05, Glycemic Load:5.21, Inflammation Score:-4, Nutrition Score:8.5621740040572%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

## Nutrients (% of daily need)

Calories: 294.96kcal (14.75%), Fat: 10.37g (15.96%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 40.09g (13.36%), Net Carbohydrates: 37.34g (13.58%), Sugar: 11.52g (12.8%), Cholesterol: 17.76mg (5.92%), Sodium: 667.66mg (29.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.85%), Vitamin K: 41.03µg (39.08%), Vitamin C: 22.26mg (26.98%), Calcium: 125.39mg (12.54%), Iron: 2mg (11.1%), Fiber: 2.75g (11%), Phosphorus: 105.57mg (10.56%), Selenium: 6.92µg (9.89%), Vitamin B6: 0.16mg (7.83%), Manganese: 0.14mg (7.22%), Vitamin B1: 0.1mg (6.77%), Potassium: 233.62mg (6.67%), Vitamin B3: 1.33mg (6.65%), Vitamin B2: 0.1mg (5.95%), Folate: 22.68µg (5.67%), Vitamin A: 272.99IU (5.46%), Zinc: 0.75mg (4.98%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.24µg (4%), Magnesium: 14.93mg (3.73%), Vitamin E: 0.52mg (3.44%), Copper: 0.05mg (2.58%)