



Bacon-and-Clam Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup alfredo sauce reduced-fat (such as Contadina)
- ☐ 2 slices bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 13 ounce clams drained chopped canned
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 cups onion sliced
- ☐ 1.5 ounces preshredded parmesan cheese fresh

☐ 1 pound pizza crust italian cheese-flavored (such as Boboli)

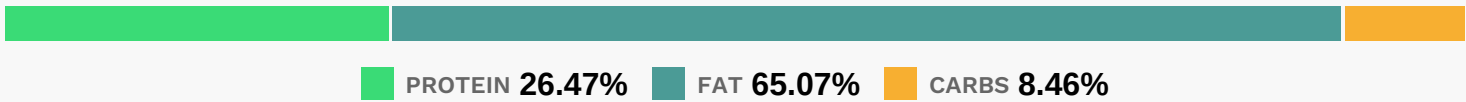
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Cook bacon in a nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble. Set aside.
- ☐ Add onion and thyme to bacon drippings in pan; saut 6 minutes over medium-high heat until lightly browned. Stir in pepper.
- ☐ Place crust on a baking sheet.
- ☐ Spread Alfredo sauce over crust; top with onion mixture, clams, bacon, and cheese.
- ☐ Bake at 400 for 12 minutes or until cheese melts.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:1, Inflammation Score:-4, Nutrition Score:5.8447825805001%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 363.31kcal (18.17%), Fat: 27.18g (41.82%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.15g (2.6%), Sugar: 2.1g (2.33%), Cholesterol: 41.1mg (13.7%), Sodium: 452.24mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.76%), Calcium: 253.63mg (25.36%), Vitamin K: 25.16µg (23.96%), Vitamin B12: 1.16µg (19.38%), Phosphorus: 90.83mg (9.08%), Selenium: 6.1µg (8.72%), Vitamin C: 4.82mg (5.84%), Manganese: 0.09mg (4.38%), Vitamin A: 205.62IU (4.11%), Vitamin B6: 0.08mg (3.86%), Iron: 0.62mg (3.43%), Fiber: 0.81g (3.23%), Vitamin B1: 0.04mg (2.99%), Zinc: 0.42mg (2.81%), Folate: 11.05µg (2.76%), Magnesium: 10.92mg (2.73%), Vitamin B2: 0.05mg (2.71%), Potassium: 93.53mg (2.67%), Vitamin B3: 0.42mg (2.1%), Copper: 0.03mg (1.52%), Vitamin B5: 0.14mg (1.42%)