



Bacon and Tomato Crescent Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup approx cream cheese spread
- ☐ 5 slices bacon crumbled cooked
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 cup tomatoes chopped

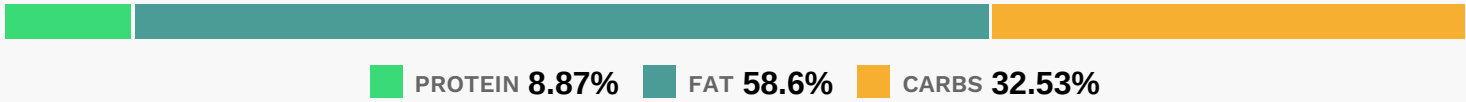
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Unroll dough (if using crescent rolls, press perforations to seal) onto ungreased cookie sheet; press into 12x8-inch rectangle.
- ☐ Bake at 375°F 8 minutes.
- ☐ Spread with cream cheese spread; top with bacon and tomato.
- ☐ Bake 6 to 8 minutes longer.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:2.03999999929511%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 197.24kcal (9.86%), Fat: 13.23g (20.36%), Saturated Fat: 5.96g (37.27%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 16.36g (5.95%), Sugar: 4.5g (5%), Cholesterol: 14.42mg (4.81%), Sodium: 467.9mg (20.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Vitamin A: 278.45IU (5.57%), Vitamin K: 5.13µg (4.89%), Selenium: 3.38µg (4.83%), Vitamin B3: 0.78mg (3.91%), Iron: 0.6mg (3.36%), Phosphorus: 29.41mg (2.94%), Vitamin B1: 0.04mg (2.82%), Vitamin B6: 0.05mg (2.36%), Vitamin C: 1.88mg (2.28%), Calcium: 18.88mg (1.89%), Potassium: 65.64mg (1.88%), Zinc: 0.23mg (1.55%), Manganese: 0.03mg (1.36%), Vitamin B12: 0.07µg (1.21%), Vitamin B2: 0.02mg (1.09%), Magnesium: 4.07mg (1.02%)