



Bacon-Carbonara Appetizers

READY IN



15 min.

SERVINGS



15

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classico creamy alfredo pasta sauce
- 2 tsp parsley fresh chopped
- 2 tsp parmesan cheese grated kraft
- 2 pizza crusts italian (6 inch)
- 3 Tbsp onions red chopped
- 6 slices oscar mayer center cut bacon crumbled cooked

Equipment

- baking sheet

oven

Directions

Heat oven to 350F.

Place pizza crusts in single layer on baking sheet; spread with sauce.

Top with remaining ingredients.

Bake 8 min. or until crusts are crisp and golden brown, and pizzas are heated through.

Nutrition Facts

 **PROTEIN 13.06%**  **FAT 37.86%**  **CARBS 49.08%**

Properties

Glycemic Index:3.93, Glycemic Load:0.04, Inflammation Score:1, Nutrition Score:1.7391304548668%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 215.06kcal (10.75%), Fat: 8.98g (13.81%), Saturated Fat: 3.55g (22.22%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 25.36g (9.22%), Sugar: 0.95g (1.05%), Cholesterol: 12.79mg (4.26%), Sodium: 414.69mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Iron: 1.5mg (8.35%), Calcium: 55mg (5.5%), Selenium: 3.13µg (4.48%), Fiber: 0.83g (3.33%), Vitamin B3: 0.58mg (2.91%), Vitamin B1: 0.04mg (2.72%), Phosphorus: 25.49mg (2.55%), Vitamin B6: 0.04mg (2.06%), Zinc: 0.2mg (1.35%), Vitamin B12: 0.08µg (1.35%)