

Bacon Cheese Stromboli

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 bacon crumbled cooked
- 0.8 cup part-skim mozzarella cheese shredded
- 10 ounces pizza dough refrigerated
- 12 ounces salsa
- 0.8 cup cheddar cheese shredded
- 4 servings cream sour

Equipment

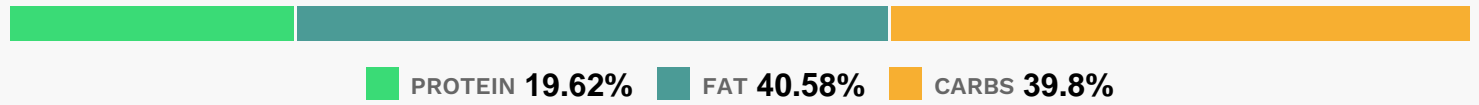
- baking sheet

oven

Directions

- On an ungreased baking sheet, roll the dough into a 12-in. circle. One one half of dough, sprinkle cheeses and bacon to within 1/2 in. of edges. Fold dough over filling; pinch edges to seal.
- Bake at 425° for 9-11 minutes or until golden brown.
- Serve with salsa and sour cream if desired.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:10.266521764838%

Nutrients (% of daily need)

Calories: 409.36kcal (20.47%), Fat: 18.74g (28.84%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 38.77g (14.1%), Sugar: 8.35g (9.28%), Cholesterol: 51.61mg (17.2%), Sodium: 1510.61mg (65.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.79%), Calcium: 351.05mg (35.1%), Phosphorus: 269.4mg (26.94%), Selenium: 15.3µg (21.86%), Vitamin A: 800IU (16%), Iron: 2.45mg (13.63%), Vitamin B2: 0.23mg (13.39%), Zinc: 1.87mg (12.49%), Vitamin B6: 0.24mg (11.87%), Fiber: 2.59g (10.38%), Vitamin B3: 2.05mg (10.23%), Potassium: 318.28mg (9.09%), Vitamin B12: 0.53µg (8.85%), Vitamin E: 1.31mg (8.76%), Magnesium: 27.61mg (6.9%), Vitamin B1: 0.1mg (6.54%), Manganese: 0.1mg (5.19%), Vitamin K: 4.6µg (4.38%), Vitamin B5: 0.43mg (4.28%), Copper: 0.08mg (4.01%), Folate: 10.46µg (2.62%), Vitamin C: 1.72mg (2.09%), Vitamin D: 0.23µg (1.53%)