



Bacon-Mushroom Pizzeria Pizza

 Gluten Free

READY IN



43 min.

SERVINGS



1

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups mozza-cheddar cheese shredded kraft
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.5 cup onions sliced
- ☐ 213 gram pizza sauce canned

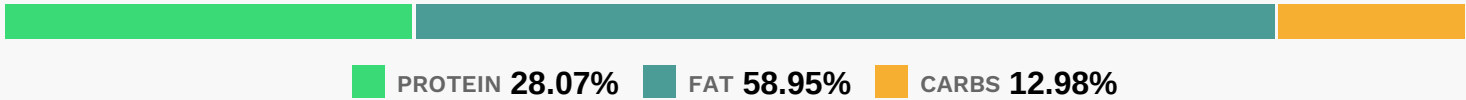
Equipment

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 450 degrees F.
- ☐ Roll Perfect Parmesan Pizza Dough into 12-inch circle on lightly floured surface. Press onto bottom of 12-inch pizza pan sprayed with cooking spray, stretching dough as necessary to fit.
- ☐ Let stand 10 min.
- ☐ Spread dough with pizza sauce; top with remaining ingredients.
- ☐ Bake on bottom oven rack 17 to 18 min. or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:131, Glycemic Load:6.97, Inflammation Score:-9, Nutrition Score:34.243043381235%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 765.68kcal (38.28%), Fat: 50.95g (78.38%), Saturated Fat: 29.61g (185.03%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 20.22g (7.35%), Sugar: 14.23g (15.81%), Cholesterol: 176.96mg (58.99%), Sodium: 2419.7mg (105.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.58g (109.16%), Calcium: 1180.86mg (118.09%), Phosphorus: 914.95mg (91.5%), Vitamin B12: 5.13µg (85.44%), Selenium: 44.22µg (63.17%), Vitamin B2: 0.99mg (58.05%), Zinc: 7.39mg (49.3%), Vitamin A: 2438.13IU (48.76%), Potassium: 1072.29mg (30.64%), Vitamin C: 21.84mg (26.47%), Vitamin E: 3.51mg (23.42%), Copper: 0.45mg (22.67%), Magnesium: 89.07mg (22.27%), Vitamin B6: 0.44mg (21.88%), Manganese: 0.42mg (21.04%), Vitamin B3: 4.17mg (20.85%), Fiber: 5.03g (20.14%), Iron: 3.44mg (19.1%), Vitamin B5: 1.79mg (17.91%), Folate: 58.21µg (14.55%), Vitamin B1: 0.19mg (12.93%), Vitamin K: 11.44µg (10.89%), Vitamin D: 0.99µg (6.61%)