



HEALTH SCORE

19%

Bacon, Pear and Gorgonzola Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons balsamic vinaigrette low-fat divided
- ☐ 2 cups broccoli florets divided
- ☐ 2 ounces canadian bacon finely chopped
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 1 tablespoon honey
- ☐ 6 cups the salad mixed divided
- ☐ 0.5 cup part-skim mozzarella cheese shredded divided
- ☐ 0.3 cup part-skim ricotta
- ☐ 1 pears cored halved thinly sliced

- ☐ 8 ounces pizza dough (with our recipe) store-bought
- ☐ 0.3 cup walnut pieces chopped

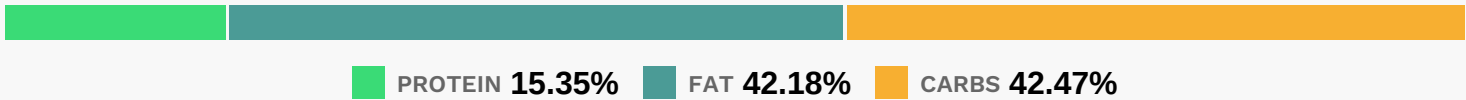
Equipment

- ☐ oven
- ☐ baking pan
- ☐ rolling pin
- ☐ pizza stone

Directions

- ☐ Preheat oven to 400
- ☐ With a floured rolling pin, roll dough into a 12-inch circle; transfer to a 12-inch pizza stone or round baking pan.
- ☐ Bake at 400 for 5-7 minutes or until crust begins to puff.
- ☐ While crust bakes, stir together ricotta cheese and honey.
- ☐ Remove crust from oven, and flip so bottom is now on top.
- ☐ Spread ricotta mixture evenly over crust. Top with 1/4 cup mozzarella, pear, Canadian bacon, and walnuts. Top with remaining 1/4 cup mozzarella and gorgonzola.
- ☐ Return pizza to oven; bake an additional 15 minutes until cheese is melted and bubbly. Allow pizza to set before slicing into 8 pieces.
- ☐ While pizza bakes, assemble side salads, using 1 1/2 cups greens, 1/2 cup broccoli, and 1 1/2 tablespoons dressing per serving.

Nutrition Facts



Properties

Glycemic Index:42.01, Glycemic Load:4.95, Inflammation Score:-8, Nutrition Score:16.586956459543%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 434.89kcal (21.74%), Fat: 20.9g (32.16%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 43.45g (15.8%), Sugar: 14.12g (15.69%), Cholesterol: 25.08mg (8.36%), Sodium: 924.73mg (40.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Vitamin C: 56.54mg (68.53%), Vitamin K: 49.02µg (46.68%), Phosphorus: 234.91mg (23.49%), Manganese: 0.47mg (23.3%), Vitamin A: 1151.06IU (23.02%), Calcium: 228.23mg (22.82%), Folate: 67.02µg (16.76%), Selenium: 11.34µg (16.2%), Fiber: 3.91g (15.65%), Iron: 2.78mg (15.47%), Vitamin B2: 0.23mg (13.3%), Vitamin B1: 0.19mg (12.99%), Vitamin B6: 0.26mg (12.8%), Potassium: 428.89mg (12.25%), Copper: 0.23mg (11.26%), Zinc: 1.55mg (10.32%), Magnesium: 40.46mg (10.12%), Vitamin B3: 1.73mg (8.65%), Vitamin B5: 0.6mg (5.95%), Vitamin B12: 0.31µg (5.21%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.48µg (3.18%)