



Bacon, Tomato, and Arugula Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices applewood-smoked bacon
- ☐ 1 cup baby arugula
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cups grape tomatoes halved lengthwise
- ☐ 0.5 cup lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 1 pound pizza dough fresh refrigerated
- ☐ 0.5 teaspoon citrus champagne vinegar

☐ 1 tablespoon cornmeal yellow

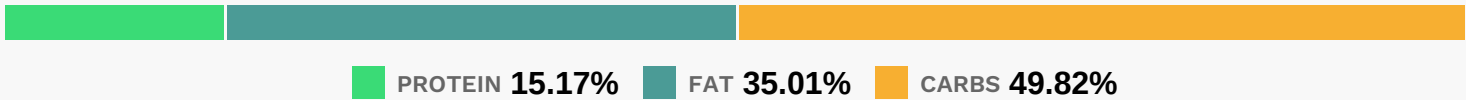
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place dough in a bowl coated with cooking spray; let dough stand, covered, for 15 minutes.
- ☐ Cook bacon in a skillet over medium heat until crisp.
- ☐ Remove bacon; crumble.
- ☐ Add tomatoes and pepper to drippings in pan; cook 2 minutes, stirring occasionally.
- ☐ Sprinkle a baking sheet with cornmeal; roll dough into a 12-inch circle on prepared baking sheet.
- ☐ Spread sauce evenly over dough, leaving a 1/2-inch border. Top with tomatoes and bacon.
- ☐ Sprinkle cheese over top.
- ☐ Bake at 450 on bottom oven rack for 17 minutes or until crust is golden.
- ☐ Combine arugula and remaining ingredients; top pizza with arugula mixture.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:1.6, Inflammation Score:-5, Nutrition Score:6.7513044191443%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin:

0.06mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 325.94kcal (16.3%), Fat: 12.85g (19.77%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 38.82g (14.12%), Sugar: 6.99g (7.76%), Cholesterol: 21.17mg (7.06%), Sodium: 858.69mg (37.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Iron: 2.61mg (14.5%), Vitamin A: 705.61IU (14.11%), Calcium: 125.6mg (12.56%), Phosphorus: 115.48mg (11.55%), Vitamin C: 8.74mg (10.59%), Fiber: 2.3g (9.22%), Selenium: 5.99µg (8.56%), Vitamin K: 8.94µg (8.51%), Potassium: 247.64mg (7.08%), Vitamin B6: 0.13mg (6.71%), Vitamin B3: 1.32mg (6.6%), Vitamin E: 0.84mg (5.61%), Vitamin B1: 0.08mg (5.55%), Zinc: 0.81mg (5.41%), Manganese: 0.11mg (5.32%), Vitamin B2: 0.09mg (5.09%), Magnesium: 17.6mg (4.4%), Copper: 0.07mg (3.62%), Folate: 14.41µg (3.6%), Vitamin B12: 0.21µg (3.46%), Vitamin B5: 0.25mg (2.46%)