



## Blanco Turkey Bacon Pizza

READY IN



22 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup basil fresh thinly sliced
- 0.3 tsp garlic powder
- 4 oz polly-o mozzarella cheese fresh thinly sliced
- 1 tsp olive oil
- 1 ready-to-use baked pizza crust
- 2 plum tomatoes seeded thinly sliced
- 8 slices oscar mayer selects uncured turkey bacon cut into 1/2-inch pieces

### Equipment

baking sheet

oven

## Directions

Heat oven to 425F.

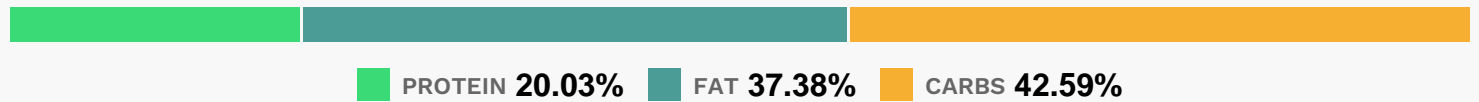
Place crust on baking sheet; brush with oil.

Sprinkle with garlic powder. Top with cheese, tomatoes and bacon.

Bake 10 to 12 min. or until cheese is melted and lightly browned.

Top with basil.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:4.241739148679%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 239.26kcal (11.96%), Fat: 9.92g (15.26%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24.48g (8.9%), Sugar: 1.31g (1.45%), Cholesterol: 24.92mg (8.31%), Sodium: 672.15mg (29.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Calcium: 120.8mg (12.08%), Phosphorus: 119.12mg (11.91%), Iron: 1.78mg (9.88%), Selenium: 6.05µg (8.64%), Vitamin B12: 0.37µg (6.23%), Zinc: 0.87mg (5.82%), Vitamin K: 6µg (5.71%), Vitamin A: 264.5IU (5.29%), Vitamin B2: 0.08mg (4.55%), Fiber: 0.95g (3.82%), Vitamin B6: 0.07mg (3.26%), Vitamin B3: 0.61mg (3.04%), Potassium: 106.18mg (3.03%), Vitamin C: 2.26mg (2.74%), Magnesium: 9.15mg (2.29%), Vitamin E: 0.34mg (2.28%), Copper: 0.04mg (1.76%), Manganese: 0.03mg (1.57%), Folate: 5.13µg (1.28%), Vitamin B1: 0.02mg (1.27%)