



## BLT Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 slices bacon
- 2 cups iceberg lettuce shredded
- 2 tablespoons mayonnaise to taste
- 1 teaspoon olive oil
- 10 ounce pizza crust dough refrigerated canned
- 4 servings salt and pepper to taste
- 2 cups mozzarella cheese shredded
- 1 tomatoes chopped

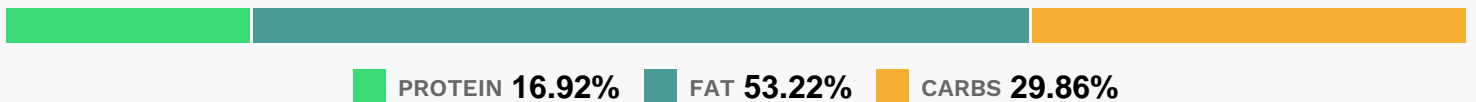
## Equipment

- frying pan
- baking sheet
- paper towels
- oven
- pizza stone

## Directions

- Preheat the oven to 375 degrees F (190 degrees C), or according to package directions for pizza dough.
- Place bacon in a heavy skillet over medium-high heat, and fry until browned, but not crisp.
- Drain on paper towels.
- Stretch pizza dough out over a pizza stone, pan, or cookie sheet.
- Brush the dough with olive oil.
- Spread the shredded mozzarella over the crust, and arrange the tomatoes over the cheese. Chop bacon, and sprinkle evenly over the pizza.
- Bake pizza for 10 to 15 minutes in the preheated oven, until the crust is golden and cheese is melted in the center. While the pizza is in the oven, toss the shredded lettuce with mayonnaise, and season lightly with salt and pepper. Top the finished pizza with the dressed lettuce, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:36.75, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:10.511304326679%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg,

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 501.1kcal (25.06%), Fat: 29.79g (45.84%), Saturated Fat: 11.81g (73.8%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 35.76g (13%), Sugar: 6.53g (7.25%), Cholesterol: 61.7mg (20.57%), Sodium: 1252.58mg (54.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.62%), Calcium: 294.14mg (29.41%), Phosphorus: 245.97mg (24.6%), Vitamin B12: 1.4µg (23.25%), Vitamin K: 24.41µg (23.24%), Selenium: 14.14µg (20.2%), Vitamin A: 828.12IU (16.56%), Iron: 2.5mg (13.9%), Zinc: 2.01mg (13.41%), Vitamin B2: 0.19mg (11.32%), Fiber: 1.86g (7.46%), Vitamin B1: 0.1mg (6.96%), Vitamin C: 5.22mg (6.33%), Potassium: 211.21mg (6.03%), Vitamin B6: 0.12mg (5.98%), Vitamin B3: 1.17mg (5.85%), Vitamin E: 0.81mg (5.37%), Manganese: 0.1mg (5.01%), Magnesium: 19.82mg (4.95%), Folate: 19.32µg (4.83%), Vitamin B5: 0.27mg (2.73%), Copper: 0.04mg (2.2%), Vitamin D: 0.33µg (2.17%)