



## BLT Pizza

READY IN



15 min.

SERVINGS



6

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 slices oscar mayer bacon cooked cut into quarters
- 0.3 cup real mayo mayonnaise kraft
- 1 pizza crust italian
- 4 plum tomatoes sliced
- 1 cup torn romaine lettuce
- 1 cup mozzarella cheese shredded kraft

## Equipment

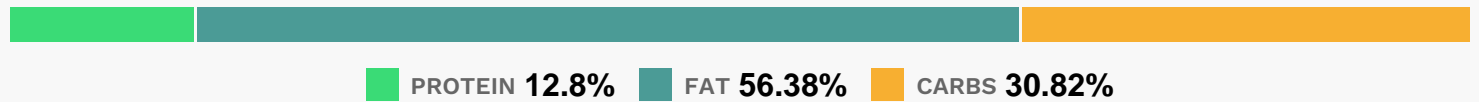
- baking sheet

oven

## Directions

- Heat oven to 450F.
- Spread pizza crust with mayo; top with tomatoes, cheese and bacon.
- Place on ungreased baking sheet.
- Bake 5 to 7 min. or until cheese is melted.
- Top with lettuce.
- Cut into 6 wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:19.17, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:8.4065216727879%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 451.71kcal (22.59%), Fat: 28.23g (43.42%), Saturated Fat: 9.32g (58.28%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 33.06g (12.02%), Sugar: 2.44g (2.71%), Cholesterol: 39.33mg (13.11%), Sodium: 742.94mg (32.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.84%), Vitamin K: 32.01µg (30.48%), Vitamin A: 1171.72IU (23.43%), Calcium: 163.44mg (16.34%), Selenium: 9.39µg (13.41%), Phosphorus: 123.2mg (12.32%), Iron: 2.21mg (12.29%), Vitamin B12: 0.59µg (9.79%), Vitamin B3: 1.47mg (7.35%), Vitamin B1: 0.11mg (7.25%), Vitamin C: 5.98mg (7.24%), Zinc: 1mg (6.65%), Fiber: 1.66g (6.63%), Vitamin B6: 0.12mg (6.24%), Potassium: 192.06mg (5.49%), Vitamin B2: 0.09mg (5.41%), Vitamin E: 0.8mg (5.35%), Folate: 18.78µg (4.7%), Manganese: 0.07mg (3.45%), Magnesium: 13.02mg (3.26%), Vitamin B5: 0.26mg (2.58%), Copper: 0.04mg (2.24%), Vitamin D: 0.22µg (1.45%)