



## BLT Pizza With Blue Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup firmly baby arugula packed
- ☐ 4 ounces cheese blue crumbled
- ☐ 6 ounce pancetta thinly sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 recipe brick oven pizza dough
- ☐ 6 ounces mozzarella cheese shredded
- ☐ 1 medium size tomatoes ripe thinly sliced
- ☐ 1 medium size tomatoes yellow thinly sliced

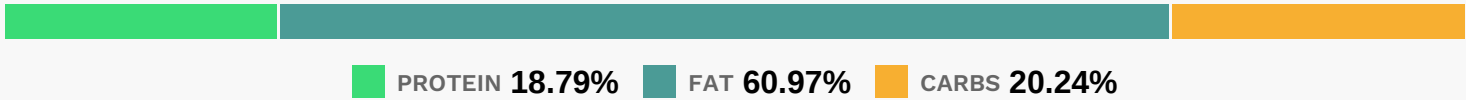
# Equipment

☐ oven

# Directions

- ☐ Place tomato slices on prepared pizza dough; sprinkle evenly with pepper. Top with 1/2 cup blue cheese and 3/4 cup mozzarella cheese. Arrange pancetta on top of cheese; sprinkle with remaining cheese.
- ☐ Bake at 500 for 5 to 7 minutes or until browned and bubbly. Arrange arugula on hot pizza.

# Nutrition Facts



# Properties

Glycemic Index:39, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:12.295652192572%

# Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

# Nutrients (% of daily need)

Calories: 532.66kcal (26.63%), Fat: 36.14g (55.6%), Saturated Fat: 16.94g (105.88%), Carbohydrates: 27g (9%), Net Carbohydrates: 25.75g (9.36%), Sugar: 4.52g (5.03%), Cholesterol: 82.92mg (27.64%), Sodium: 1230.52mg (53.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.1%), Calcium: 378.77mg (37.88%), Phosphorus: 331.95mg (33.19%), Selenium: 19.92µg (28.45%), Vitamin B12: 1.53µg (25.47%), Vitamin A: 895.67IU (17.91%), Zinc: 2.58mg (17.18%), Vitamin B2: 0.27mg (16.11%), Vitamin B3: 2.25mg (11.24%), Iron: 1.95mg (10.84%), Vitamin B6: 0.2mg (10.25%), Vitamin B1: 0.15mg (10.15%), Vitamin K: 9.95µg (9.47%), Vitamin B5: 0.84mg (8.39%), Potassium: 284.39mg (8.13%), Magnesium: 26.32mg (6.58%), Vitamin C: 4.99mg (6.04%), Folate: 22.76µg (5.69%), Manganese: 0.1mg (5.16%), Fiber: 1.25g (4.99%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.48µg (3.21%), Copper: 0.06mg (2.97%)