



## Canadian Bacon-Tomato-Tapenade Pizza

READY IN



15 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup artichoke hearts chopped
- ☐ 5 slices canadian bacon cut into thin strips ( 1 cup)
- ☐ 0.8 cup grape tomato halves
- ☐ 2 tablespoons parmesan cheese
- ☐ 14 oz prebaked pizza crust italian
- ☐ 1 cup creamy sun-dried tomato-tapenade spread

### Equipment

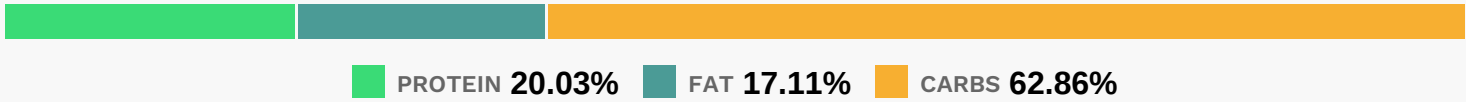
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Spread Creamy Sun-dried Tomato-Tapenade
- ☐ Spread over pizza crust.
- ☐ Place crust on a baking sheet.
- ☐ Sprinkle with Canadian bacon strips, chopped artichoke hearts, grape tomato halves, and Parmesan cheese.
- ☐ Bake 30 minutes or until lightly brown.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:2.6, Inflammation Score:-4, Nutrition Score:10.495217499526%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 295.22kcal (14.76%), Fat: 5.67g (8.72%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 42.04g (15.29%), Sugar: 9.07g (10.08%), Cholesterol: 13.01mg (4.34%), Sodium: 938.27mg (40.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Potassium: 756.21mg (21.61%), Iron: 3.69mg (20.51%), Fiber: 4.84g (19.34%), Vitamin B1: 0.28mg (18.85%), Manganese: 0.37mg (18.27%), Vitamin B3: 3.25mg (16.27%), Copper: 0.28mg (14.13%), Phosphorus: 139.02mg (13.9%), Vitamin C: 9.74mg (11.8%), Magnesium: 42.39mg (10.6%), Selenium: 7.32µg (10.46%), Calcium: 103.79mg (10.38%), Vitamin K: 9.38µg (8.94%), Vitamin B6: 0.17mg (8.5%), Vitamin B2: 0.14mg (8.21%), Vitamin A: 328.4IU (6.57%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.77mg (5.15%), Vitamin D: 0.67µg (4.49%), Folate: 16.33µg (4.08%), Vitamin B12: 0.18µg (2.99%), Vitamin E: 0.16mg (1.04%)