



Canadian Bacon-Whole Wheat Pizza

READY IN



55 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package yeast dry
- 1 cup water (105°F to 115°F)
- 2.5 cups flour whole wheat
- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 1 tablespoon olive oil
- 1 tablespoon cornmeal
- 8 oz tomato sauce canned
- 8 oz mozzarella cheese shredded italian finely

- 6 oz canadian bacon sliced cut into fourths
- 0.5 cup bell pepper green chopped

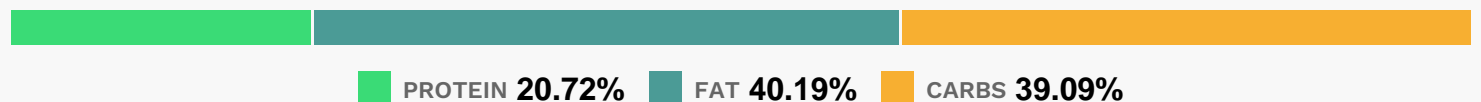
Equipment

- bowl
- baking sheet
- oven

Directions

- In medium bowl, dissolve yeast in warm water. Stir in flour, 2 tablespoons oil and the salt. Beat vigorously with spoon 20 strokes.
- Let dough rest 20 minutes.
- Move oven rack to lowest position.
- Heat oven to 425°F. Grease cookie sheet with 1 tablespoon oil; sprinkle with cornmeal. Pat dough into 12x10-inch rectangle on cookie sheet, using floured fingers; pinch edges to form 1/2-inch rim.
- Spread pizza sauce over crust. Top with cheese, bacon and bell pepper.
- Bake 15 to 20 minutes or until edge of crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:17.748260746831%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 308.65kcal (15.43%), Fat: 14.25g (21.92%), Saturated Fat: 5.13g (32.03%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 26.23g (9.54%), Sugar: 1.7g (1.89%), Cholesterol: 33.03mg (11.01%), Sodium: 652.79mg

(28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.05%), Manganese: 1.59mg (79.57%), Selenium: 33.62µg (48.04%), Vitamin B1: 0.47mg (31.24%), Phosphorus: 303.8mg (30.38%), Fiber: 4.95g (19.8%), Vitamin B3: 3.92mg (19.61%), Magnesium: 67.95mg (16.99%), Calcium: 163.88mg (16.39%), Vitamin B6: 0.32mg (15.76%), Zinc: 2.28mg (15.23%), Vitamin B2: 0.24mg (13.87%), Vitamin B12: 0.79µg (13.16%), Vitamin C: 9.47mg (11.48%), Iron: 2.01mg (11.17%), Folate: 43.72µg (10.93%), Copper: 0.22mg (10.84%), Vitamin E: 1.57mg (10.45%), Potassium: 343.77mg (9.82%), Vitamin A: 352.23IU (7.04%), Vitamin B5: 0.6mg (5.99%), Vitamin K: 6.01µg (5.73%), Vitamin D: 0.71µg (4.72%)