



Caprese Pizza with Crispy Pancetta

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 oz bacon diced crumbled cooked sliced
- 3 tablespoons balsamic vinegar
- 0.3 cup basil pesto refrigerated
- 0.3 cup basil fresh
- 1.5 teaspoons seasoning italian
- 1 tablespoon olive oil
- 8 oz mozzarella cheese fresh shredded cut into 1/4-inch slices) mozzarella cheese
- 3 medium tomatoes cut into 1/4-inch slices

- 0.3 cup water hot
- 1 tablespoon cornmeal yellow
- 1.5 cups frangelico
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Equipment

- bowl
- oven
- pizza pan

Directions

- Heat oven to 350F. Spray 12-inch round pizza pan with cooking spray; sprinkle with cornmeal.
- In medium bowl, stir Bisquick mix, Italian seasoning, hot water and oil until soft dough forms.
- Place on surface lightly sprinkled with additional Bisquick mix; knead until smooth. Press dough in pizza pan.
- Bake 10 minutes.
- Spread pesto over warm crust. Arrange tomatoes and mozzarella in circle on top of pesto, overlapping tomato and cheese slices.
- Bake 15 to 20 minutes longer or until crust is golden brown and cheese is melted.
- Sprinkle with pancetta and basil.
- Drizzle with balsamic vinegar.

Nutrition Facts

 PROTEIN 20.34%  FAT 68.1%  CARBS 11.56%

Properties

Glycemic Index:32.31, Glycemic Load:1.7, Inflammation Score:-5, Nutrition Score:6.7234782939372%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg,

Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 193.23kcal (9.66%), Fat: 14.58g (22.44%), Saturated Fat: 5.51g (34.46%), Carbohydrates: 5.57g (1.86%),
Net Carbohydrates: 4.57g (1.66%), Sugar: 2.77g (3.08%), Cholesterol: 30.24mg (10.08%), Sodium: 397.82mg
(17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Calcium: 174.52mg (17.45%), Vitamin A:
832.75IU (16.65%), Phosphorus: 143.85mg (14.39%), Selenium: 8.51µg (12.15%), Vitamin B12: 0.72µg (12.06%),
Vitamin K: 10.8µg (10.28%), Zinc: 1.18mg (7.89%), Vitamin C: 6.46mg (7.83%), Vitamin B2: 0.11mg (6.42%), Vitamin
B3: 1.1mg (5.51%), Manganese: 0.11mg (5.29%), Potassium: 183.93mg (5.26%), Vitamin B6: 0.1mg (4.89%), Vitamin B1:
0.07mg (4.66%), Vitamin E: 0.66mg (4.43%), Magnesium: 16.59mg (4.15%), Fiber: 1.01g (4.03%), Iron: 0.63mg
(3.49%), Folate: 10.73µg (2.68%), Copper: 0.05mg (2.46%), Vitamin B5: 0.17mg (1.73%)