



Cheese & bacon scone pizza

READY IN



30 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g flour plain
- ☐ 1 tsp salt
- ☐ 2 tsp double-acting baking powder
- ☐ 50 g butter chopped
- ☐ 2 eggs
- ☐ 3 tbsp milk
- ☐ 1 tbsp olive oil
- ☐ 1 bell pepper green deseeded thinly sliced quartered
- ☐ 4 bacon chopped

- ☐ 5 spring onion white green thinly sliced (the and parts)
- ☐ 2 tbsp catsup mixed with 2 tbsp tomato purée
- ☐ 6 cherry tomatoes halved
- ☐ 85 g cheddar cheese grated

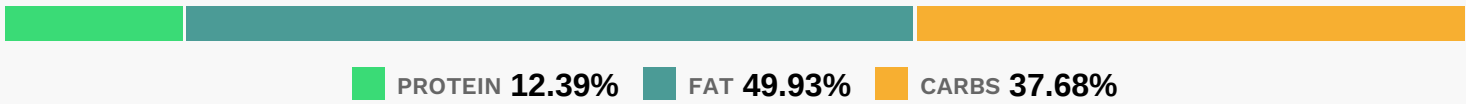
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Mix the flour, salt and baking powder in a bowl, then rub in the butter until it disappears.
- ☐ Mix the eggs and milk together, then stir into the dry ingredients to make a soft dough. Shape into a round on a lightly floured surface, lift onto a non-stick baking tray, then press out to a circle about 24cm across to make the pizza base.
- ☐ Heat the oil in a frying pan, then stir-fry the pepper and bacon until the pepper is soft. Take off the heat, then stir in the spring onion.
- ☐ Spread the ketchup over the pizza base, then evenly tip over the pepper and bacon mixture. Scatter over the tomatoes, followed by the cheese.
- ☐ Bake for 15 mins until golden.
- ☐ Serve with a salad or coleslaw.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:35.74, Inflammation Score:-8, Nutrition Score:22.156521631324%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 589.86kcal (29.49%), Fat: 32.77g (50.42%), Saturated Fat: 14.93g (93.34%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 52.86g (19.22%), Sugar: 4.38g (4.86%), Cholesterol: 145.84mg (48.61%), Sodium: 1310.19mg (56.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.58%), Selenium: 39µg (55.71%), Vitamin B1: 0.61mg (40.57%), Vitamin C: 32.9mg (39.88%), Folate: 146.21µg (36.55%), Vitamin K: 38µg (36.19%), Calcium: 343.27mg (34.33%), Vitamin B2: 0.58mg (34.16%), Phosphorus: 325.67mg (32.57%), Manganese: 0.53mg (26.73%), Vitamin B3: 5.1mg (25.49%), Iron: 4.22mg (23.42%), Vitamin A: 1098.39IU (21.97%), Zinc: 1.97mg (13.11%), Vitamin B6: 0.25mg (12.73%), Vitamin E: 1.78mg (11.88%), Fiber: 2.79g (11.17%), Vitamin B12: 0.61µg (10.22%), Potassium: 350.58mg (10.02%), Vitamin B5: 0.95mg (9.54%), Magnesium: 36.38mg (9.09%), Copper: 0.18mg (9.07%), Vitamin D: 0.78µg (5.2%)