



Clam, Chard, and Bacon Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce clams whole canned
- ☐ 3 garlic clove thinly sliced
- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan finely grated
- ☐ 1 pound pizza dough store-bought
- ☐ 2 tablespoons shallots minced
- ☐ 1 pound swiss chard
- ☐ 2 ounces bacon thick-cut cut into 1"-wide pieces

- ☐ 1 tablespoon butter unsalted cut into 1/2" cubes
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 0.5 teaspoon cornmeal yellow

Equipment

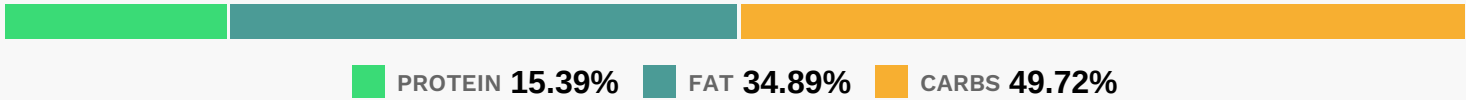
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 500°F. Fill a large bowl with boiling water.
- ☐ Place a baking sheet over; dust with flour.
- ☐ Place dough on baking sheet; cover loosely with plastic wrap and let sit for 10 minutes to soften. Flip dough; cover and let sit 10 minutes longer.
- ☐ Meanwhile, drain clams, reserving liquid. Cook bacon in a 12" cast-iron skillet over medium heat, stirring occasionally, until lightly browned, 4–5 minutes.
- ☐ Transfer bacon to a paper towel-lined plate.
- ☐ Add garlic and shallot to drippings in skillet and cook, stirring occasionally, until softened, about 2 minutes. Stir in chard and 1/2 cup preserved clam liquid and cook, stirring, until chard is just wilted, about 2 minutes. Season to taste with salt and pepper. Stir in butter, vinegar, and as many clams as you'd like.
- ☐ Transfer mixture to a medium bowl.
- ☐ Wipe out skillet and heat over medium-high heat until very hot.
- ☐ Roll out dough on a lightly floured surface to a 12" round.
- ☐ Sprinkle skillet with cornmeal and transfer dough to skillet.
- ☐ Brush top of dough with oil. Cook, shaking pan occasionally and turning pan to avoid hot spots, until bottom of dough is golden and crispy, 6–8 minutes.

- ☐ Spread chard mixture over dough.
- ☐ Bakeuntil crust is golden and cooked through,6–8 minutes. Scatter bacon and cheese over;cook just until cheese is melted, 2–3 minuteslonger.
- ☐ Per serving: 349 calories, 11 g fat, 41 g carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:17.588695474293%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Kaempferol: 4.39mg, Kaempferol: 4.39mg, Kaempferol: 4.39mg, Kaempferol: 4.39mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 321.86kcal (16.09%), Fat: 12.72g (19.56%), Saturated Fat: 4.77g (29.8%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 38.26g (13.91%), Sugar: 5.87g (6.52%), Cholesterol: 19.05mg (6.35%), Sodium: 908.82mg (39.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Vitamin K: 629.41µg (599.44%), Vitamin A: 4772.59IU (95.45%), Vitamin C: 23.43mg (28.4%), Iron: 3.73mg (20.72%), Magnesium: 68.95mg (17.24%), Manganese: 0.34mg (16.76%), Vitamin B12: 0.95µg (15.87%), Calcium: 145.59mg (14.56%), Vitamin E: 1.93mg (12.87%), Phosphorus: 125.84mg (12.58%), Fiber: 2.52g (10.09%), Selenium: 6.91µg (9.88%), Potassium: 336.73mg (9.62%), Copper: 0.16mg (7.77%), Vitamin B6: 0.14mg (6.99%), Vitamin B2: 0.11mg (6.45%), Zinc: 0.69mg (4.59%), Vitamin B1: 0.07mg (4.42%), Vitamin B3: 0.75mg (3.77%), Folate: 12.84µg (3.21%), Vitamin B5: 0.25mg (2.54%)