



## Easy Dressed Up Pizza Bites

READY IN



9 min.

SERVINGS



8

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp alfredo sauce
- 2 slices oscar mayer bacon crumbled cooked
- 1 tsp parsley fresh chopped
- 2 tsp parmesan cheese grated kraft
- 9 oz thin-crust microwave four-cheese pizza frozen
- 1 Tbsp onions red chopped

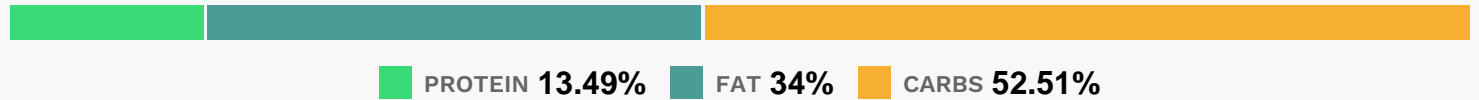
### Equipment

- microwave

## Directions

- Spread pizza with sauce; cover with bacon and onions.
- Sprinkle with cheese and parsley.
- Microwave as directed on package.
- Cut into 16 squares to serve.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.03, Inflammation Score:0, Nutrition Score:0.97869565629441%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 122.26kcal (6.11%), Fat: 4.58g (7.05%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 15.42g (5.61%), Sugar: 0.59g (0.66%), Cholesterol: 7.13mg (2.38%), Sodium: 251.99mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Iron: 0.9mg (4.99%), Calcium: 40.46mg (4.05%), Selenium: 1.54µg (2.2%), Fiber: 0.5g (2.01%), Phosphorus: 16.1mg (1.61%), Vitamin B3: 0.22mg (1.12%), Vitamin B1: 0.02mg (1.07%)