



French Bread Pizza

READY IN



42 min.

SERVINGS



42

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 1 lb bread loaf french
- 15 oz tomato sauce canned
- 1 lb extra-lean ground beef
- 1 onion chopped
- 2 tsp oregano leaves dried
- 8 oz mozzarella cheese shredded with a touch of philadelphia kraft

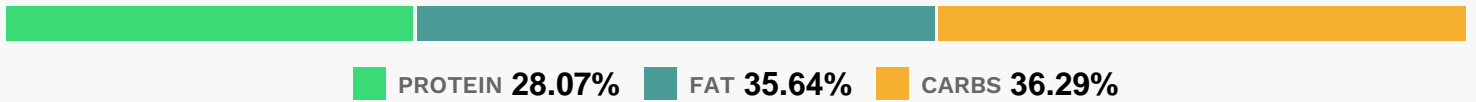
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Brown meat with onions in large skillet. Meanwhile, cut bread crosswise in half, then cut each piece lengthwise in half.
- Place, cut-sides up, on foil-covered baking sheet.
- Add tomato sauce and oregano to meat; mix well. Simmer 5 min., stirring occasionally.
- Spread onto bread slices; top with cheese and bacon.
- Bake 12 min. or until cheese is melted.
- Cut in half.

Nutrition Facts



Properties

Glycemic Index:4.39, Glycemic Load:4.58, Inflammation Score:-2, Nutrition Score:3.5217391420966%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 72.81kcal (3.64%), Fat: 2.88g (4.43%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 6.12g (2.23%), Sugar: 1.03g (1.14%), Cholesterol: 12.34mg (4.11%), Sodium: 167.99mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Selenium: 6.38µg (9.12%), Vitamin B3: 1.31mg (6.56%), Vitamin B12: 0.38µg (6.26%), Vitamin B1: 0.09mg (6.15%), Phosphorus: 58.48mg (5.85%), Zinc: 0.87mg (5.82%), Vitamin B2: 0.09mg (5.19%), Iron: 0.85mg (4.7%), Folate: 15.81µg (3.95%), Manganese: 0.08mg (3.9%), Vitamin B6: 0.08mg (3.77%), Calcium: 37.35mg (3.74%), Potassium: 93.23mg (2.66%), Magnesium: 9.18mg (2.29%), Copper: 0.04mg (1.97%), Fiber: 0.47g (1.88%), Vitamin A: 82.63IU (1.65%), Vitamin B5: 0.16mg (1.6%), Vitamin E: 0.23mg

(1.56%), Vitamin C: 0.9mg (1.1%), Vitamin K: 1.06µg (1.01%)