



Grilled Corn, Roasted Poblano and Bacon Zucchini Crust Pizza

♥ Popular

READY IN



40 min.

SERVINGS



3

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon cooked cut into 1 inch pieces and
- ☐ 0.5 cup regular corn
- ☐ 0.8 cup monterey jack shredded
- ☐ 1 pre-baked zucchini pizza crust
- ☐ 1 large roasted poblano pepper sliced
- ☐ 0.5 cup salsa verde

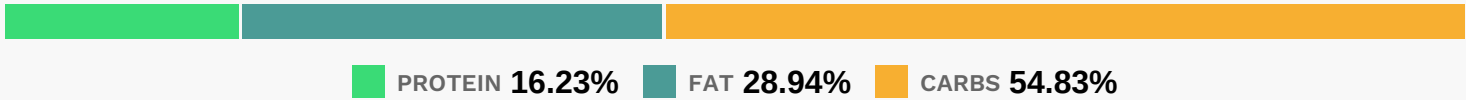
Equipment

oven

Directions

Spread the salsa verde on the pizza, top with the mozzarella, corn, poblano pepper and bacon and bake in a preheated 450F oven until the cheese is bubbling, about 10–15 minutes.Optionally serve topped with fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:2.86, Inflammation Score:-6, Nutrition Score:10.981304386388%

Flavonoids

Luteolin: 2.57mg, Luteolin: 2.57mg, Luteolin: 2.57mg, Luteolin: 2.57mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 543.6kcal (27.18%), Fat: 17.49g (26.91%), Saturated Fat: 9.11g (56.97%), Carbohydrates: 74.55g (24.85%), Net Carbohydrates: 71.01g (25.82%), Sugar: 6.97g (7.74%), Cholesterol: 30.42mg (10.14%), Sodium: 1231.82mg (53.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.15%), Vitamin C: 46.79mg (56.72%), Calcium: 337.56mg (33.76%), Iron: 4.15mg (23.03%), Phosphorus: 176.82mg (17.68%), Vitamin A: 724.4IU (14.49%), Fiber: 3.54g (14.15%), Vitamin B6: 0.21mg (10.45%), Selenium: 6.85µg (9.79%), Vitamin B2: 0.15mg (8.97%), Zinc: 1.24mg (8.27%), Potassium: 277.58mg (7.93%), Vitamin B3: 1.28mg (6.4%), Vitamin B1: 0.09mg (5.94%), Manganese: 0.11mg (5.69%), Magnesium: 21.42mg (5.36%), Vitamin B12: 0.29µg (4.88%), Vitamin K: 4.85µg (4.62%), Folate: 16.45µg (4.11%), Vitamin B5: 0.38mg (3.76%), Copper: 0.06mg (3.16%), Vitamin E: 0.32mg (2.14%), Vitamin D: 0.19µg (1.27%)