



Jalapeno Popper Pizza

 Popular

READY IN



30 min.

SERVINGS



1

CALORIES



2392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cooked cut into 1 inch pieces and
- ☐ 3 tablespoons cream cheese room temperature
- ☐ 2 jalapeño peppers sliced
- ☐ 1 pizza dough
- ☐ 5 tablespoon jalapeno ranch dressing
- ☐ 1 cup cheddar shredded
- ☐ 1 cup mozzarella cheese shredded

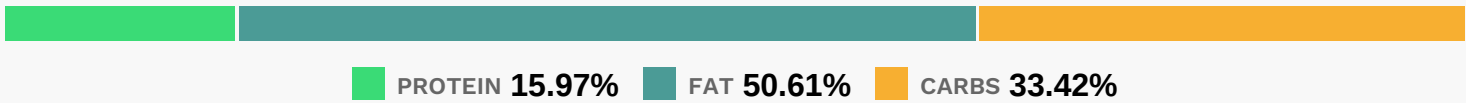
Equipment

☐ oven

Directions

- ☐ Mix the cream cheese into the jalapeno ranch dressing.
- ☐ Roll the dough out into a circle roughly 12 inches across and spread the creamy jalapeno ranch dressing over it.
- ☐ Sprinkle the jalapeno peppers, bacon, and cheeses onto the pizza.
- ☐ Bake in a preheated 500F oven until golden brown on top, about 5–10 minutes.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:2.39, Inflammation Score:-9, Nutrition Score:41.59608685452%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 2391.53kcal (119.58%), Fat: 135.25g (208.07%), Saturated Fat: 57.31g (358.19%), Carbohydrates: 200.91g (66.97%), Net Carbohydrates: 194.26g (70.64%), Sugar: 32.08g (35.64%), Cholesterol: 296.6mg (98.86%), Sodium: 5618.97mg (244.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 96.03g (192.07%), Calcium: 1434.58mg (143.46%), Phosphorus: 1231.51mg (123.15%), Vitamin K: 111.88µg (106.55%), Selenium: 73.72µg (105.32%), Vitamin B12: 4.32µg (72.06%), Iron: 11.88mg (65.99%), Vitamin B2: 1.07mg (63.2%), Zinc: 8.78mg (58.54%), Vitamin A: 2815.77IU (56.32%), Vitamin C: 33.21mg (40.25%), Vitamin E: 4.24mg (28.24%), Fiber: 6.65g (26.6%), Vitamin B6: 0.45mg (22.74%), Vitamin B3: 3.97mg (19.87%), Vitamin B5: 1.92mg (19.17%), Magnesium: 74.69mg (18.67%), Vitamin B1: 0.28mg (18.53%), Potassium: 506.67mg (14.48%), Folate: 46.04µg (11.51%), Vitamin D: 1.33µg (8.86%), Copper: 0.12mg (5.91%), Manganese: 0.12mg (5.77%)