



Jalapeno Popper Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



1179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 3 jalapeno fresh seeded sliced
- ☐ 12 inch pre-baked pizza crust
- ☐ 1 ounce ranch dressing mix
- ☐ 3 ounce oz. bacon into pieces cooked (such as)
- ☐ 0.8 cup seasoned bread crumbs
- ☐ 1 cup mexican cheese blend shredded

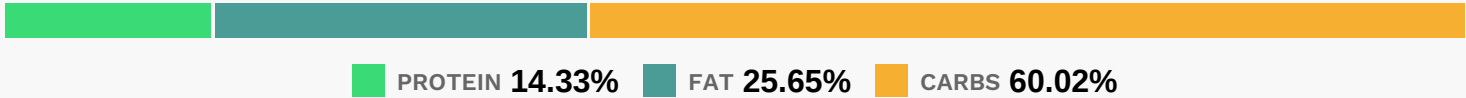
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Stir together the softened cream cheese and ranch dressing mix in a bowl until smooth.
- ☐ Spread the mixture on the pre-baked crust.
- ☐ Sprinkle the jalapeno slices and bacon on top of the cream cheese mixture; then top with the shredded cheese.
- ☐ Combine the melted butter and seasoned bread crumbs.
- ☐ Sprinkle the mixture over the top of the pizza.
- ☐ Bake in preheated oven until the bread crumbs are nicely browned and the cheese has melted, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:10.05652159582%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 1178.83kcal (58.94%), Fat: 33.46g (51.48%), Saturated Fat: 18.38g (114.89%), Carbohydrates: 176.17g (58.72%), Net Carbohydrates: 170.36g (61.95%), Sugar: 7.22g (8.02%), Cholesterol: 61mg (20.33%), Sodium: 2718.13mg (118.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.06g (84.12%), Iron: 9.9mg (55.01%), Calcium: 449.44mg (44.94%), Fiber: 5.82g (23.27%), Vitamin A: 595.03IU (11.9%), Phosphorus: 113.35mg (11.34%), Selenium: 7.36µg (10.51%), Vitamin B2: 0.16mg (9.45%), Vitamin B1: 0.12mg (8%), Vitamin C: 6.53mg (7.92%), Vitamin K: 7.21µg (6.87%), Manganese: 0.12mg (6.1%), Zinc: 0.73mg (4.89%), Folate: 19.23µg (4.81%), Vitamin B12: 0.28µg (4.62%), Vitamin B3: 0.8mg (4.01%), Vitamin E: 0.54mg (3.58%), Vitamin B6: 0.07mg (3.29%), Magnesium:

12.05mg (3.01%), Vitamin B5: 0.28mg (2.85%), Potassium: 88.75mg (2.54%), Copper: 0.04mg (1.92%)