



Kimchi Pizza with Bacon

READY IN



45 min.

SERVINGS



2

CALORIES



1486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon cut in 1/2-inch pieces
- 3.5 cups kimchi prepared
- 2 servings kosher salt and pepper black freshly ground
- 0.5 cup pears cored ripe peeled roughly chopped
- 1 pound pizza dough store-bought
- 2 tablespoons scallion greens thinly sliced for garnish
- 1 tablespoon sesame oil toasted
- 2 tablespoons sesame seed
- 1 cup sharp cheddar shredded

- 1 cup mozzarella cheese shredded

Equipment

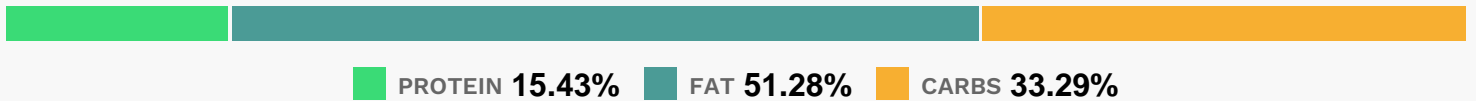
- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- slotted spoon

Directions

- Preheat the oven to 500 degrees F and place a rack on the bottom shelf.
- Place 2 cups of the kimchi and the pear into the bowl of a food processor. Blend to a chunky puree.
- Drain the liquid from the remaining kimchi into the food processor, and then chop into bite-size pieces.
- Cook the bacon in a large saute pan over medium heat until crispy and most of the fat has rendered, 12 to 15 minutes.
- While the bacon is cooking, roll out the pizza dough.
- Cut a piece of parchment paper to fit the back of an inverted baking sheet.
- Place the baking sheet in the oven on the bottom shelf. Lightly dust the parchment with flour. Divide the dough in half, and then stretch or roll 1 piece of dough into an 11-inch round directly on the parchment paper.
- Once the bacon is crispy, use a slotted spoon to transfer half of the bacon to a paper-towel-lined plate to drain.
- Add the kimchi puree to the remaining bacon in the pan. Stir to combine. Bring to a boil over medium-high heat, and then reduce to a simmer. Simmer, uncovered, until slightly thickened, stirring occasionally, about 5 minutes. Stir in 1 teaspoon of the sesame oil. Season with salt and pepper.
- To assemble 1 pizza, spread half of the kimchi sauce on the dough, leaving a 1/2-inch border.

- Sprinkle half of both cheeses over the kimchi sauce.
- Spread half of the chopped kimchi over the cheese.
- Brush the crust with half of the remaining sesame oil and sprinkle with half of the sesame seeds.
- Carefully lift the parchment onto the heated baking sheet. Cook until the crust is golden brown and the cheese is bubbly, 8 to 12 minutes.
- Remove from the oven. Allow to cool on the baking sheet for 5 minutes before serving.
- Sprinkle with half of the reserved bacon and garnish with some sliced scallions.
- Repeat with the remaining ingredients to make 1 more pizza.

Nutrition Facts



Properties

Glycemic Index:94.88, Glycemic Load:2.92, Inflammation Score:-8, Nutrition Score:35.833477984304%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 1486.42kcal (74.32%), Fat: 85.73g (131.9%), Saturated Fat: 33.36g (208.48%), Carbohydrates: 125.24g (41.75%), Net Carbohydrates: 116.25g (42.27%), Sugar: 21.05g (23.39%), Cholesterol: 158.82mg (52.94%), Sodium: 3947.41mg (171.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.05g (116.09%), Vitamin K: 105.7µg (100.66%), Calcium: 839.45mg (83.95%), Iron: 13.19mg (73.26%), Phosphorus: 689.56mg (68.96%), Selenium: 47.04µg (67.2%), Vitamin B2: 0.94mg (55.1%), Vitamin B6: 0.8mg (40.06%), Zinc: 5.87mg (39.16%), Vitamin B12: 2.32µg (38.6%), Fiber: 8.99g (35.98%), Folate: 134.87µg (33.72%), Vitamin B3: 6.3mg (31.5%), Vitamin A: 1235.56IU (24.71%), Vitamin B1: 0.37mg (24.51%), Magnesium: 97.46mg (24.36%), Copper: 0.48mg (23.8%), Potassium: 666.21mg (19.03%), Manganese: 0.27mg (13.53%), Vitamin E: 1.33mg (8.87%), Vitamin B5: 0.83mg (8.3%), Vitamin D: 0.92µg (6.1%), Vitamin C: 2.86mg (3.47%)