



## Pizza with B.L.T. Topping

 Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.5 cup lettuce shredded
- 1 rising-crust four-cheese pizza frozen
- 2 Tbsp classic ranch dressing kraft
- 0.3 cup tomatoes chopped

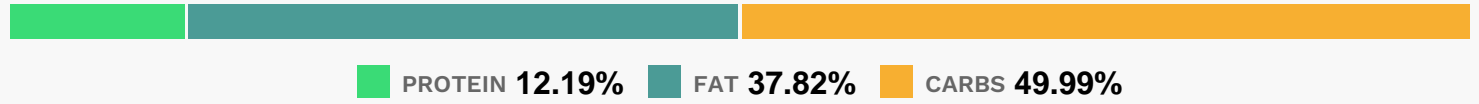
## Equipment

- oven

## Directions

- Heat oven to 400F.
- Bake pizza as directed on package.
- Serve topped with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:11.67, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:2.6456521632879%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 264.61kcal (13.23%), Fat: 11.06g (17.02%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 31.76g (11.55%), Sugar: 1.51g (1.68%), Cholesterol: 10.98mg (3.66%), Sodium: 493.05mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Iron: 1.91mg (10.62%), Vitamin K: 8.64µg (8.23%), Calcium: 63.83mg (6.38%), Fiber: 1.14g (4.57%), Selenium: 3.13µg (4.47%), Phosphorus: 33.11mg (3.31%), Vitamin B3: 0.64mg (3.18%), Vitamin B1: 0.05mg (3.07%), Vitamin B6: 0.05mg (2.4%), Vitamin A: 89.16IU (1.78%), Potassium: 55.41mg (1.58%), Vitamin E: 0.22mg (1.46%), Vitamin B12: 0.08µg (1.36%), Zinc: 0.2mg (1.34%), Vitamin B5: 0.13mg (1.32%), Vitamin C: 1.02mg (1.23%), Vitamin B2: 0.02mg (1.11%)