



Pizza with Swiss Chard and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon sliced
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 1 pound pizza dough at room temperature
- ☐ 2 cups mild provolone cheese shredded
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1.5 pounds swiss chard cut into 1/2-inch-wide ribbons (4 cups)

Equipment

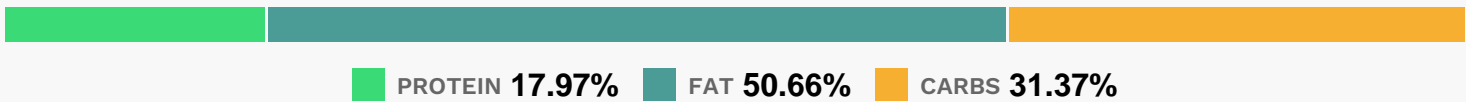
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Preheat the oven to 50
- ☐ Preheat a pizza stone or generously oil a large baking sheet. In a large skillet, cook the bacon over high heat until browned and most of the fat is rendered, about 6 minutes.
- ☐ Drain on paper towels and let cool, then break the bacon into 1-inch pieces.
- ☐ Pour off all but 1 tablespoon of the bacon fat from the skillet and heat until shimmering. In a large heatproof bowl, toss the Swiss chard with the hot fat.
- ☐ Add the bacon and half of the cheese, season with salt and pepper and toss well.
- ☐ On a lightly floured surface, roll the dough to a rough 14-inch round.
- ☐ Transfer it to a floured pizza peel or rimless cookie sheet, or to the oiled baking sheet. Spoon the Swiss chard topping over the pizza, leaving a 1-inch border of dough.
- ☐ Brush the border with the olive oil. Scatter the remaining cheese on top.
- ☐ Slide the pizza onto the hot stone, if using, and bake for about 10 minutes on the stone or 16 minutes on the baking sheet, until the crust is golden and the cheese is bubbling.
- ☐ Transfer the pizza to a rack and let cool slightly before serving.
- ☐ Wine Recommendation: Try a dry white, such as 1997 California Fum Blanc from Robert Mondavi or Dry Creek.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:31.885217355645%

Flavonoids

Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Kaempferol: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg Myricetin: 5.27mg, Myricetin: 5.27mg, Myricetin: 5.27mg, Myricetin: 5.27mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 788.21kcal (39.41%), Fat: 44.92g (69.1%), Saturated Fat: 19.89g (124.29%), Carbohydrates: 62.59g (20.86%), Net Carbohydrates: 58.17g (21.15%), Sugar: 9.27g (10.3%), Cholesterol: 82.96mg (27.65%), Sodium: 2231.15mg (97.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.84g (71.69%), Vitamin K: 1413.86µg (1346.53%), Vitamin A: 11004.92IU (220.1%), Vitamin C: 51.03mg (61.85%), Calcium: 588.67mg (58.87%), Phosphorus: 487.25mg (48.73%), Magnesium: 163.07mg (40.77%), Iron: 6.71mg (37.26%), Selenium: 22.5µg (32.14%), Manganese: 0.64mg (31.79%), Vitamin E: 3.75mg (25.03%), Potassium: 848.06mg (24.23%), Vitamin B2: 0.41mg (24.17%), Zinc: 3.41mg (22.76%), Vitamin B12: 1.25µg (20.78%), Vitamin B6: 0.37mg (18.37%), Fiber: 4.42g (17.69%), Copper: 0.35mg (17.28%), Vitamin B1: 0.24mg (15.8%), Vitamin B3: 3.06mg (15.32%), Vitamin B5: 0.92mg (9.21%), Folate: 30.41µg (7.6%), Vitamin D: 0.56µg (3.71%)