

Potato Pizza

READY IN



30 min.

SERVINGS



12

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch spring onion chopped
- 10 ounce uncook pizza crust canned
- 2 cups potatoes instant mashed
- 3 ounce oz. bacon into pieces
- 8 ounce cheddar cheese shredded divided
- 0.5 cup cream sour

Equipment

- oven

Directions

- Preheat the oven to 425 degrees F (200 degrees C). Prepare instant mashed potatoes according to package directions. Stir in half of the Cheddar cheese, bacon bits, and green onions.
- Cut the pizza crust dough in half, and spread into the bottom of two 8-inch round pans.
- Bake for 4 minutes in the preheated oven, until about halfway done. Spoon the potato mixture over each crust.
- Sprinkle remaining Cheddar cheese over the top.
- Bake for an additional 5 minutes in the preheated oven, until crust is golden, and cheese is melted.
- Let cool for 5 minutes before slicing and serving. Top with sour cream to taste.

Nutrition Facts

PROTEIN 19.14% **FAT 43.96%** **CARBS 36.9%**

Properties

Glycemic Index:4.92, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:5.054347852002%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 221.86kcal (11.09%), Fat: 10.92g (16.8%), Saturated Fat: 6.16g (38.52%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 19.55g (7.11%), Sugar: 1.13g (1.25%), Cholesterol: 34.68mg (11.56%), Sodium: 475.2mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.39%), Calcium: 168.91mg (16.89%), Phosphorus: 110.18mg (11.02%), Vitamin C: 8.56mg (10.38%), Selenium: 7.06µg (10.08%), Vitamin B1: 0.11mg (7.15%), Vitamin B2: 0.11mg (6.59%), Vitamin A: 270.12IU (5.4%), Zinc: 0.8mg (5.35%), Vitamin K: 5.61µg (5.34%), Vitamin B6: 0.09mg (4.65%), Iron: 0.83mg (4.61%), Fiber: 1.07g (4.27%), Potassium: 141.85mg (4.05%), Vitamin B12: 0.22µg (3.67%), Vitamin B3: 0.66mg (3.28%), Magnesium: 13.06mg (3.27%), Vitamin B5: 0.32mg (3.2%), Folate: 10.42µg (2.61%), Copper: 0.03mg (1.29%), Vitamin E: 0.19mg (1.28%), Manganese: 0.02mg (1.11%)