



## Potato, Rosemary, and Bacon Pizza

READY IN



45 min.

SERVINGS



5

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup coarsely fontina cheese shredded
- 0.5 pound new potatoes assorted thinly sliced
- 1 tablespoon parmesan cheese finely grated
- 5 servings pizza dough refrigerated
- 1 teaspoon rosemary chopped
- 1 teaspoon rosemary finely chopped
- 4 slices at least of turkey bacon crumbled cooked

### Equipment

- baking sheet
- oven
- rolling pin

## Directions

- Sprinkle prepared dough (see "All About Dough" below) with fontina cheese and finely chopped rosemary. Top with new potatoes, chopped rosemary, turkey bacon, and Parmesan cheese.
- Bake at 450 for 12 minutes or until golden brown.
- Cut into 5 slices, and serve.
- All About Dough
- Where to buy it: You can get refrigerated pizza dough at your local pizzeria or supermarket (Trader Joe's, Whole Foods, and Albertsons make great ones).
- Let dough sit at room temperature for 15 minutes before rolling it out, and arrange your oven rack at the lowest position. Then follow these directions, add toppings, and bake.
- Pizza prep: Preheat oven to 45
- Roll out 1 (1-pound) whole-wheat or regular store-bought pizza dough on a lightly floured surface with a floured rolling pin into a 13-inch round or 13- x 12-inch rectangle. Lightly spray a large baking sheet with olive oil; sprinkle with cornmeal.
- Transfer dough to prepared sheet.
- Roll up sides 1-inch to form a rim.

## Nutrition Facts



**PROTEIN 18.53%** **FAT 33.9%** **CARBS 47.57%**

## Properties

Glycemic Index:50.15, Glycemic Load:5.89, Inflammation Score:-2, Nutrition Score:5.8791304515756%

## Flavonoids

Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 299.3kcal (14.96%), Fat: 11.38g (17.5%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 35.92g (11.97%), Net Carbohydrates: 34.05g (12.38%), Sugar: 4.2g (4.66%), Cholesterol: 34.81mg (11.6%), Sodium: 846.67mg (36.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.97%), Phosphorus: 152.25mg (15.23%), Calcium: 124.7mg (12.47%), Iron: 2.19mg (12.17%), Vitamin C: 8.96mg (10.86%), Vitamin B6: 0.19mg (9.38%), Selenium: 6.25µg (8.93%), Zinc: 1.21mg (8.06%), Fiber: 1.87g (7.48%), Potassium: 250.1mg (7.15%), Vitamin B12: 0.39µg (6.44%), Vitamin B2: 0.09mg (5.02%), Vitamin B3: 0.9mg (4.52%), Magnesium: 16.89mg (4.22%), Vitamin A: 191.58IU (3.83%), Manganese: 0.07mg (3.69%), Copper: 0.07mg (3.57%), Vitamin B1: 0.05mg (3.18%), Folate: 9.64µg (2.41%), Vitamin B5: 0.22mg (2.22%), Vitamin K: 2.19µg (2.08%), Vitamin E: 0.18mg (1.19%), Vitamin D: 0.17µg (1.12%)