



## Scallop and Bacon Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound bacon cooked cut into small dice and until brown
- 1 cup tomatoes homemade store bought
- 1.5 cups mozzarella cheese
- 1.5 cups parmesan grated
- 8 ounces pizza dough
- 6 large scallops cut into quarters or eighths, depending on size
- 1 cup cream sour

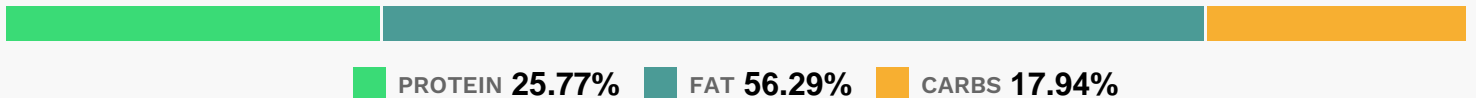
### Equipment

- bowl
- oven
- pizza stone

## Directions

- Preheat oven to 350 degrees F.
- Roll out the pizza dough into a 12-inch circle.
- Roll the edges inward to create a ridge around the pizza.
- Place the pizza dough on a pizza stone that has been dusted with cornmeal.
- In a small bowl, stir together the marinara sauce and the sour cream until it is thoroughly combined.
- Spread the sauce evenly over the crust.
- Sprinkle the bacon evenly over the sauce.
- Combine the mozzarella with the Parmesan and sprinkle them evenly over the bacon. Top the cheese with the scallops, which should be distributed evenly over the surface of the pizza.
- Bake the pizza for 16 to 18 minutes until the cheese is bubbly and the scallops are cooked.

## Nutrition Facts



## Properties

Glycemic Index: 16.5, Glycemic Load: 1.08, Inflammation Score: -6, Nutrition Score: 16.457825950954%

## Nutrients (% of daily need)

Calories: 558.29kcal (27.91%), Fat: 34.86g (53.63%), Saturated Fat: 16.54g (103.37%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 23.81g (8.66%), Sugar: 5.59g (6.21%), Cholesterol: 106.36mg (35.45%), Sodium: 1807.41mg (78.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.83%), Phosphorus: 559.64mg (55.96%), Selenium: 35.05µg (50.08%), Calcium: 487.79mg (48.78%), Vitamin B12: 1.85µg (30.9%), Vitamin B3: 4.72mg (23.59%), Zinc: 3.15mg (21.01%), Vitamin B2: 0.35mg (20.32%), Vitamin B1: 0.25mg (16.63%), Vitamin A: 815.04IU (16.3%), Vitamin B6: 0.31mg (15.65%), Potassium: 463.59mg (13.25%), Iron: 2.24mg (12.45%), Magnesium: 44.88mg (11.22%), Vitamin B5: 0.89mg (8.94%), Vitamin E: 1mg (6.67%), Copper: 0.11mg (5.58%), Fiber: 1.18g (4.72%), Vitamin C: 3.2mg (3.88%), Manganese: 0.07mg (3.74%), Folate: 14.48µg (3.62%), Vitamin K: 2.79µg (2.65%), Vitamin D: 0.39µg (2.59%)