



Shrimp Alfredo Pizza

READY IN



42 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.6 ounce alfredo sauce dry
- 3 slices bacon
- 1 teaspoon parsley dried
- 2 garlic clove minced
- 1 medium onion thinly sliced
- 1 teaspoon oregano dried
- 0.3 cup parmesan shredded
- 0.3 teaspoon pepper
- 16 ounce uncook pizza crust italian

- 2 plum tomatoes chopped
- 8 ounce mozzarella cheese shredded
- 1 pound shrimp fresh unpeeled

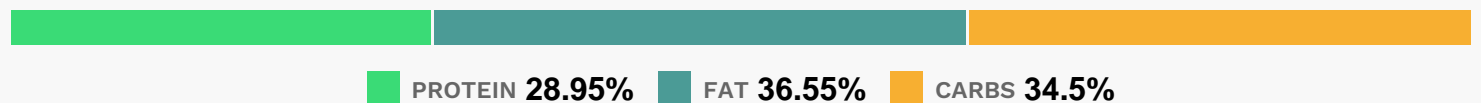
Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- Prepare Alfredo sauce according to package directions. Set aside.
- Peel shrimp, and devein, if desired. Set aside.
- Cook bacon in a nonstick skillet until crisp; remove bacon, reserving drippings in skillet.
- Drain bacon on paper towels; crumble and set aside.
- Add onion and garlic to skillet, and saut over medium-high heat 3 minutes or until tender.
- Add shrimp, and saut 2 minutes. Stir in oregano and pepper.
- Remove from heat.
- Place crust on a baking sheet; spread with Alfredo sauce.
- Sprinkle evenly with shrimp mixture, bacon, Parmesan cheese, and remaining ingredients.
- Bake at 400 for 12 minutes or until cheese is melted.
- Let stand 5 minutes before serving.
- Note: For testing purposes only, we used Boboli for prebaked Italian pizza crust.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:10.417391326116%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 478.77kcal (23.94%), Fat: 19.39g (29.83%), Saturated Fat: 9.78g (61.12%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 39.3g (14.29%), Sugar: 3.04g (3.38%), Cholesterol: 167.57mg (55.86%), Sodium: 942.61mg (40.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.55g (69.11%), Calcium: 388.29mg (38.83%), Phosphorus: 362.49mg (36.25%), Zinc: 2.49mg (16.59%), Copper: 0.33mg (16.59%), Iron: 2.95mg (16.4%), Vitamin B12: 0.98µg (16.39%), Selenium: 10.14µg (14.49%), Magnesium: 43.25mg (10.81%), Potassium: 340.71mg (9.73%), Vitamin A: 482.04IU (9.64%), Vitamin B2: 0.15mg (8.62%), Fiber: 1.89g (7.56%), Manganese: 0.13mg (6.57%), Vitamin C: 4.53mg (5.49%), Vitamin B6: 0.1mg (5.16%), Vitamin K: 5.12µg (4.88%), Vitamin B1: 0.06mg (4.18%), Vitamin B3: 0.67mg (3.33%), Folate: 10.48µg (2.62%), Vitamin E: 0.31mg (2.07%), Vitamin B5: 0.19mg (1.91%), Vitamin D: 0.22µg (1.49%)