



## Spicy Jalapeno and Bacon Flatbread

READY IN



32 min.

SERVINGS



8

CALORIES



382 kcal

### Ingredients

- 8 slices oscar mayer butcher applewood bacon smoked thick cut crumbled cooked
- 1 cup three cheese shredded with a touch of philadelphia kraft
- 1 cup cherry tomatoes halved
- 10 ounce philadelphia spicy jalapeno cream cheese spread
- 0.3 cup onion red thinly sliced
- 1 pound pizza dough refrigerated

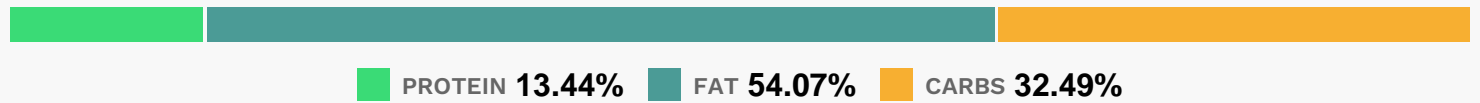
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 425 degrees F.
- Pat pizza dough into 16x12-inch rectangle on lightly floured baking sheet.
- Bake 10 min.
- Spread crust with cream cheese spread; top with remaining ingredients.
- Bake 10 to 12 min. or until shredded cheese is melted and crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:4.9300000278846%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 382.09kcal (19.1%), Fat: 23g (35.38%), Saturated Fat: 11.02g (68.84%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 30.02g (10.92%), Sugar: 5.34g (5.93%), Cholesterol: 50.62mg (16.87%), Sodium: 814.63mg (35.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.72%), Calcium: 146.69mg (14.67%), Selenium: 8.54µg (12.2%), Vitamin A: 577.5IU (11.55%), Phosphorus: 103.04mg (10.3%), Iron: 1.78mg (9.89%), Vitamin C: 4.62mg (5.6%), Zinc: 0.81mg (5.42%), Vitamin B2: 0.09mg (5.03%), Vitamin B3: 1mg (4.99%), Vitamin B1: 0.07mg (4.92%), Vitamin B6: 0.09mg (4.45%), Vitamin B12: 0.26µg (4.33%), Fiber: 1.07g (4.26%), Potassium: 102.34mg (2.92%), Magnesium: 8.63mg (2.16%), Vitamin B5: 0.21mg (2.11%), Vitamin E: 0.31mg (2.04%), Folate: 6.34µg (1.58%), Manganese: 0.03mg (1.49%), Copper: 0.03mg (1.49%), Vitamin D: 0.17µg (1.15%)