



 **10%**
HEALTH SCORE

Tomato and Bacon Pizza With Rice Crust

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bell pepper sliced
- 2 bell pepper sliced
- 2 cups rice cooked
- 2 cups rice cooked
- 2 cups rice cooked
- 1 eggs
- 1 teaspoon seasoning italian
- 2 cups mozzarella cheese shredded

- 3 tomatoes
- 6 strips at least of turkey bacon cut into 2 inch pieces

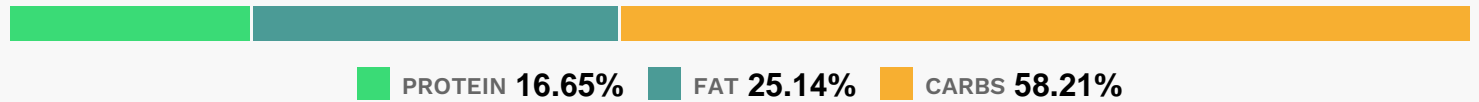
Equipment

- bowl
- oven
- pizza pan

Directions

- Preheat oven to 400F.To make rice crust, mix ingredients in a bowl. Press onto greased pizza pan (10 inch) evenly.
- Spread bacon, tomatoes, pepper and mozzarella cheese on top of rice crust.
- Bake for 20 minutes or until cheese melts.Slice and serve warm.

Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:37.26, Inflammation Score:-8, Nutrition Score:16.65652173913%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Taste

Sweetness: 100%, Saltiness: 39.95%, Sourness: 41.15%, Bitterness: 26.99%, Savoriness: 33.1%, Fattiness: 65.11%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 273.21kcal (13.66%), Fat: 7.6g (11.7%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 37.23g (13.54%), Sugar: 4.09g (4.54%), Cholesterol: 43.32mg (14.44%), Sodium: 206.44mg (8.98%), Protein: 11.33g (22.66%), Vitamin C: 82.48mg (99.98%), Vitamin A: 2470.4IU (49.41%), Manganese: 0.7mg (35.05%),

Selenium: 15.6µg (22.29%), Phosphorus: 191.33mg (19.13%), Vitamin B6: 0.35mg (17.25%), Calcium: 169.17mg (16.92%), Zinc: 1.73mg (11.51%), Vitamin B12: 0.69µg (11.5%), Folate: 43.05µg (10.76%), Vitamin B2: 0.18mg (10.72%), Fiber: 2.38g (9.53%), Vitamin E: 1.4mg (9.34%), Potassium: 311.32mg (8.89%), Vitamin K: 8.83µg (8.41%), Magnesium: 33.59mg (8.4%), Vitamin B5: 0.82mg (8.18%), Vitamin B3: 1.4mg (7.01%), Copper: 0.13mg (6.44%), Vitamin B1: 0.08mg (5.63%), Iron: 0.94mg (5.25%), Vitamin D: 0.23µg (1.5%)