



Tomato Bacon Squares

READY IN



40 min.

SERVINGS



24

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon
- ☐ 1 teaspoon basil dried
- ☐ 1 clove garlic crushed
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup onion chopped
- ☐ 1 pizza crust dough refrigerated
- ☐ 4 roma tomatoes seeded chopped (plum)
- ☐ 0.8 cup swiss cheese shredded

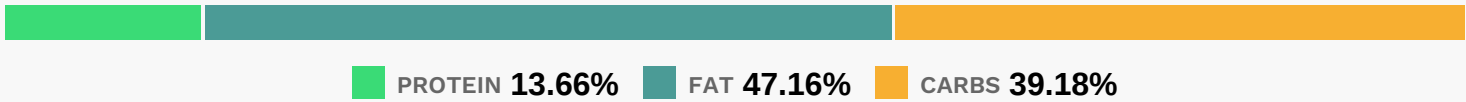
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven 375 degrees F (190 degrees C).
- ☐ Place bacon in a large skillet over medium heat. Fry bacon until crisp.
- ☐ Drain on paper towels.
- ☐ Crumble bacon into a medium-size mixing bowl.
- ☐ Mix in bell pepper, tomatoes, and basil. In a separate small bowl, combine mayonnaise and garlic.
- ☐ Roll pizza crust into a 12x15 inch rectangular baking sheet.
- ☐ Spread the mayonnaise mixture evenly over the crust.
- ☐ Sprinkle the bacon mixture over the mayonnaise, and top the entire pizza with cheese.
- ☐ Bake 18 to 20 minutes or until the top is bubbly and the crust is golden brown. Cool and cut the pizza into 24 squares.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:1.7660869657993%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin:

0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 87.66kcal (4.38%), Fat: 4.64g (7.13%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 8.2g (2.98%), Sugar: 1.43g (1.59%), Cholesterol: 7.26mg (2.42%), Sodium: 168.57mg (7.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin C: 3.28mg (3.98%), Vitamin K: 3.64µg (3.47%), Calcium: 33.32mg (3.33%), Phosphorus: 31.38mg (3.14%), Selenium: 2.18µg (3.11%), Iron: 0.55mg (3.05%), Vitamin A: 124.91IU (2.5%), Vitamin B12: 0.13µg (2.18%), Fiber: 0.46g (1.84%), Vitamin B6: 0.03mg (1.74%), Zinc: 0.24mg (1.62%), Vitamin B3: 0.3mg (1.5%), Vitamin B1: 0.02mg (1.47%), Potassium: 46.47mg (1.33%), Manganese: 0.02mg (1.21%), Vitamin B2: 0.02mg (1.1%)