



Turkey Club Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings avocado fresh chopped
- ☐ 6 oz colby jack cheese shredded
- ☐ 4 slices bacon crumbled cooked
- ☐ 0.3 cup mayonnaise
- ☐ 3 tablespoons pesto sauce refrigerated reduced-fat
- ☐ 11 oz pizza crust dough refrigerated thin canned
- ☐ 2 plum tomatoes thinly sliced
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 cups turkey cubed cooked

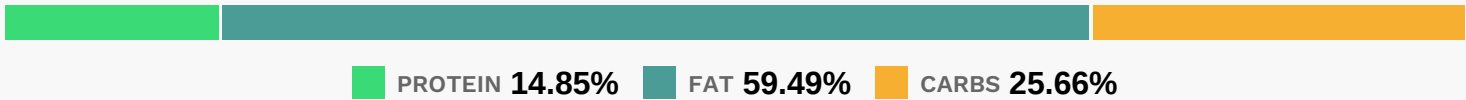
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Unroll dough; pat to an even thickness on a lightly greased baking sheet.
- ☐ Bake 10 to 12 minutes or until lightly browned.
- ☐ Stir together mayonnaise and pesto sauce; spread over crust. Top with turkey, tomatoes, and onion.
- ☐ Bake at 450 for 6 to 8 minutes.
- ☐ Sprinkle with cheese and bacon.
- ☐ Bake until cheese melts. Top with avocado.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:16.890869425691%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 547.53kcal (27.38%), Fat: 37.23g (57.27%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 28.17g (10.24%), Sugar: 5.17g (5.74%), Cholesterol: 56.26mg (18.75%), Sodium: 741.8mg (32.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Vitamin K: 38.64µg (36.8%), Fiber:

7.96g (31.84%), Vitamin B6: 0.5mg (25.16%), Phosphorus: 251.04mg (25.1%), Folate: 93.26µg (23.31%), Calcium: 226.26mg (22.63%), Vitamin B3: 4.43mg (22.13%), Potassium: 655.8mg (18.74%), Vitamin B2: 0.31mg (17.95%), Vitamin B5: 1.76mg (17.6%), Vitamin E: 2.6mg (17.32%), Selenium: 11.82µg (16.88%), Vitamin C: 13.32mg (16.15%), Vitamin A: 775.9IU (15.52%), Zinc: 2.16mg (14.4%), Iron: 2.59mg (14.37%), Copper: 0.24mg (12.2%), Magnesium: 47.69mg (11.92%), Vitamin B12: 0.65µg (10.85%), Manganese: 0.18mg (9.11%), Vitamin B1: 0.1mg (6.59%), Vitamin D: 0.29µg (1.92%)