



## Aloha Canadian Bacon Pizza

READY IN



30 min.

SERVINGS



30

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 slices canadian bacon coarsely chopped
- 8 oz pineapple crushed drained well canned
- 0.5 cup pasilla peppers green chopped
- 0.5 cup philadelphia garden vegetable 1/3 less fat than cream cheese ()
- 8 oz crescent dinner rolls refrigerated reduced-fat canned

### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375F. Unroll dough onto greased baking sheet; press into 12x9-inch rectangle, firmly pressing perforations together to seal.
- Bake 10 min.
- Spread with cream cheese; top with remaining ingredients.
- Bake 10 min. or until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:0.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.1582608592251%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 48.48kcal (2.42%), Fat: 2.65g (4.07%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.13g (2.36%), Cholesterol: 5.01mg (1.67%), Sodium: 125.38mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin B1: 0.05mg (3.57%), Vitamin C: 2.71mg (3.28%), Selenium: 1.62µg (2.31%), Phosphorus: 20.96mg (2.1%), Vitamin B3: 0.39mg (1.97%), Vitamin B6: 0.04mg (1.76%), Vitamin B12: 0.08µg (1.25%), Potassium: 43.21mg (1.23%), Vitamin B2: 0.02mg (1.15%), Vitamin D: 0.17µg (1.14%)