



Big Island Pizza

READY IN



92 min.

SERVINGS



32

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 2 Tbsp cornmeal
- 3.3 cups flour divided
- 2 Tbsp cilantro leaves fresh
- 0.3 cup olive oil divided
- 0.3 cup slivered onions red
- 0.3 cup pineapple chunks fresh drained
- 1.3 cups oscar mayer carving board & spicy seasoned pulled pork sweet
- 8 oz mozzarella cheese shredded with a touch of philadelphia kraft

- 1 Tbsp sugar
- 1 cup warm water (105°F to 115°F)
- 0.3 oz pkt. yeast

Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- Add warm water to combined yeast and sugar in large bowl; stir.
- Let stand 5 min. Stir in 3 cups flour and 3 Tbsp. oil until mixture forms soft dough.
- Place on work surface sprinkled with remaining flour. Knead dough until smooth and elastic; shape into ball.
- Place in separate large bowl brushed with remaining oil; turn dough over. Cover with plastic wrap.
- Let rise in warm place 1 hour or until doubled in volume.
- Heat oven to 450F. Spray baking sheet with cooking spray; sprinkle with cornmeal.
- Place dough on prepared baking sheet; pat into 13x9-inch rectangle.
- Bake 5 min.; spread with barbecue sauce; top with all remaining ingredients except cilantro.
- Bake 10 to 12 min. or until crust is golden brown and cheese is melted. Top with cilantro.

Nutrition Facts



PROTEIN 15.07% **FAT 33.1%** **CARBS 51.83%**

Properties

Glycemic Index:9.36, Glycemic Load:7.61, Inflammation Score:-2, Nutrition Score:3.1034782917603%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 113.35kcal (5.67%), Fat: 4.16g (6.39%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 14.1g (5.13%), Sugar: 3.64g (4.04%), Cholesterol: 9.57mg (3.19%), Sodium: 146.43mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin B1: 0.13mg (8.77%), Selenium: 5.64µg (8.05%), Folate: 29.56µg (7.39%), Vitamin B2: 0.1mg (5.62%), Manganese: 0.1mg (5.04%), Vitamin B3: 0.89mg (4.48%), Calcium: 44.74mg (4.47%), Phosphorus: 43.01mg (4.3%), Iron: 0.77mg (4.3%), Vitamin B12: 0.16µg (2.7%), Zinc: 0.35mg (2.3%), Fiber: 0.55g (2.19%), Vitamin E: 0.3mg (2.02%), Magnesium: 6.06mg (1.52%), Vitamin A: 74.42IU (1.49%), Copper: 0.03mg (1.42%), Vitamin K: 1.39µg (1.33%), Vitamin B5: 0.11mg (1.08%), Potassium: 37.74mg (1.08%), Vitamin B6: 0.02mg (1.07%)