



Canadian Bacon and Pineapple Mini Pizzas

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounce canadian bacon diced
- ☐ 6 muffins whole-wheat split english toasted
- ☐ 6 ounces preshredded part-skim mozzarella cheese
- ☐ 8 ounce pineapple tidbits in juice drained canned
- ☐ 0.8 cup bottled pizza sauce

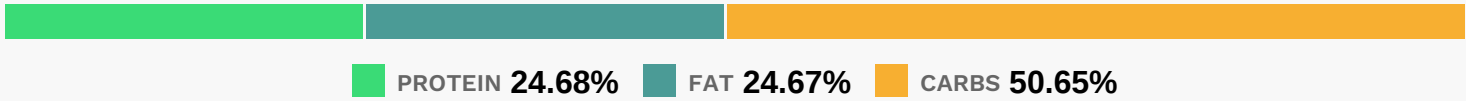
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Place muffin halves on a baking sheet.
- ☐ Spread each muffin half with 1 tablespoon sauce.
- ☐ Sprinkle pineapple and Canadian bacon evenly over sauce.
- ☐ Sprinkle evenly with cheese.
- ☐ Bake at 425 for 12 minutes or until cheese is lightly browned.
- ☐ Top muffin halves with pineapple and bacon
- ☐ Sprinkle cheese
- ☐ Split muffins, and place on baking sheet
- ☐ Spread sauce on muffin halves

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:15.348695526952%

Nutrients (% of daily need)

Calories: 240kcal (12%), Fat: 6.83g (10.51%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 26.79g (9.74%), Sugar: 11.41g (12.68%), Cholesterol: 25.23mg (8.41%), Sodium: 656.64mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Manganese: 1.06mg (52.96%), Selenium: 30.93µg (44.19%), Calcium: 384.21mg (38.42%), Phosphorus: 337.36mg (33.74%), Vitamin B1: 0.33mg (21.9%), Fiber: 4.77g (19.08%), Vitamin B3: 3.27mg (16.34%), Magnesium: 59.66mg (14.92%), Zinc: 2mg (13.31%), Vitamin B2: 0.22mg (12.82%), Vitamin B6: 0.23mg (11.32%), Iron: 1.96mg (10.86%), Copper: 0.21mg (10.5%), Potassium: 330.1mg (9.43%), Folate: 35.69µg (8.92%), Vitamin C: 5.7mg (6.91%), Vitamin B5: 0.59mg (5.87%), Vitamin A: 290.72IU (5.81%), Vitamin B12: 0.33µg (5.46%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.48µg (3.21%), Vitamin K: 2.15µg (2.04%)