



Canadian Bacon and Pineapple Mini Pizzas

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce canadian bacon diced
- ☐ 6 muffins split english
- ☐ 6 ounces preshredded part-skim mozzarella cheese
- ☐ 8 ounce pineapple tidbits in juice drained canned
- ☐ 14 ounce pizza sauce

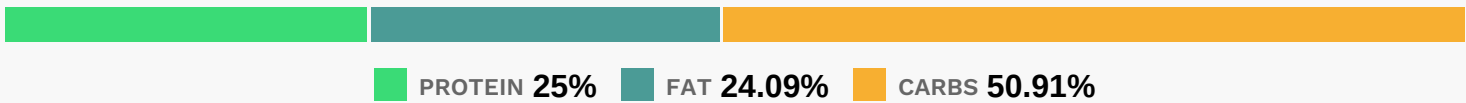
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Spread each muffin half with about 2 tablespoons sauce.
- ☐ Sprinkle pineapple and Canadian bacon evenly over the sauce.
- ☐ Sprinkle evenly with cheese.
- ☐ Place on a baking sheet.
- ☐ Bake at 425 for 12 minutes or until cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:19.64, Inflammation Score:-5, Nutrition Score:12.13999995978%

Nutrients (% of daily need)

Calories: 289.02kcal (14.45%), Fat: 7.76g (11.93%), Saturated Fat: 3.67g (22.97%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 33.85g (12.31%), Sugar: 8.07g (8.96%), Cholesterol: 32.32mg (10.77%), Sodium: 1010.17mg (43.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.21%), Phosphorus: 296.46mg (29.65%), Calcium: 268.91mg (26.89%), Vitamin B1: 0.38mg (25.04%), Vitamin B3: 3.45mg (17.26%), Selenium: 11.72µg (16.74%), Vitamin B2: 0.27mg (16.08%), Manganese: 0.28mg (14.18%), Potassium: 439.34mg (12.55%), Vitamin B6: 0.25mg (12.4%), Fiber: 3.02g (12.09%), Zinc: 1.76mg (11.73%), Copper: 0.21mg (10.49%), Vitamin C: 8.24mg (9.99%), Magnesium: 38.9mg (9.73%), Vitamin A: 441.69IU (8.83%), Iron: 1.5mg (8.35%), Folate: 32.62µg (8.15%), Vitamin B12: 0.45µg (7.42%), Vitamin E: 1.06mg (7.06%), Vitamin B5: 0.63mg (6.28%), Vitamin D: 0.88µg (5.86%), Vitamin K: 2.57µg (2.45%)