



## Canadian Bacon and Pineapple Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce canadian bacon sliced
- 0.5 cup bell pepper green chopped
- 8 ounce pineapple chunks in juice unsweetened drained well canned
- 6 ounce provolone cheese sliced
- 0.5 cup onion red thinly sliced
- 13.8 ounce classic pizza crust refrigerated pillsbury®
- 0.5 cup cheddar cheese shredded

### Equipment

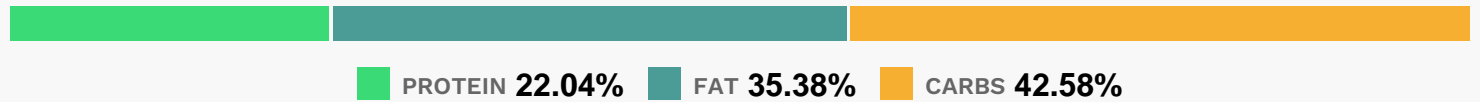
baking sheet

oven

## Directions

- Heat oven to 400 degrees F. Spray or grease 15x10-inch or larger dark or nonstick cookie sheet. Unroll dough on cookie sheet; starting at center, press out dough into 15x10-inch rectangle.
- Top dough with provolone cheese, cutting to fit. Arrange Canadian bacon, pineapple, onion and bell pepper over provolone cheese to within 1/2 inch of edges.
- Sprinkle with Cheddar cheese.
- Bake classic crust 16 to 20 minutes, thin crust 10 to 14 minutes, or until crust is deep golden brown.
- Cut into 8 servings.
- Tip if using classic crust: For a crispier crust, prebake crust 6 to 8 minutes or until crust is set and dry, then add toppings; bake pizza 12 to 16 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.38, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:7.5139130768569%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 280kcal (14%), Fat: 11.11g (17.1%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 28.66g (10.42%), Sugar: 7.86g (8.74%), Cholesterol: 32.36mg (10.79%), Sodium: 747.51mg (32.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.15%), Calcium: 220.14mg (22.01%), Phosphorus: 196.22mg (19.62%), Selenium: 10.56µg (15.09%), Vitamin B1: 0.2mg (13.64%), Vitamin C: 10.89mg (13.2%), Iron: 1.72mg (9.55%), Vitamin B12: 0.53µg (8.8%), Zinc: 1.3mg (8.66%), Vitamin B2: 0.15mg (8.66%), Vitamin B6: 0.16mg (7.87%), Vitamin B3: 1.5mg (7.49%), Vitamin A: 306.7IU (6.13%), Fiber: 1.43g (5.72%), Potassium: 173.97mg (4.97%), Vitamin D: 0.74µg (4.96%), Magnesium: 17.66mg (4.41%), Copper: 0.06mg (2.89%), Vitamin B5: 0.26mg (2.62%),

Folate: 8.71µg (2.18%), Manganese: 0.03mg (1.6%), Vitamin K: 1.56µg (1.49%), Vitamin E: 0.19mg (1.26%)