



Canadian Bacon-and-Pineapple Pizzas

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce canadian bacon sandwich-style coarsely chopped
- ☐ 0.5 cup cream cheese with pineapple
- ☐ 6 muffins split english
- ☐ 0.3 cup green onions sliced
- ☐ 8 ounce dole pineapple tidbits unsweetened drained canned
- ☐ 6 ounces preshredded nonfat pizza cheese (a blend of nonfat mozzarella and nonfat cheddar cheeses)

Equipment

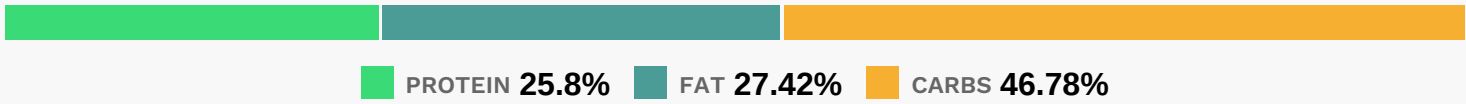
- ☐ baking sheet

☐ oven

Directions

- ☐ Place muffin halves, cut side up, on a large baking sheet. Broil 3 minutes or until lightly toasted.
- ☐ Preheat oven to 425
- ☐ Spread about 2 teaspoons cream cheese over each muffin half. Divide Canadian bacon, green onions, and pineapple tidbits evenly among muffin halves; sprinkle each with 2 tablespoons pizza cheese.
- ☐ Bake at 425 for 8 minutes or until pizza cheese melts.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:18.86, Inflammation Score:-4, Nutrition Score:11.039565184842%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 297.53kcal (14.88%), Fat: 9.06g (13.95%), Saturated Fat: 4.45g (27.78%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 32.15g (11.69%), Sugar: 6.62g (7.35%), Cholesterol: 34.84mg (11.61%), Sodium: 727.77mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.39%), Phosphorus: 337.88mg (33.79%), Calcium: 331.18mg (33.12%), Vitamin B1: 0.31mg (20.91%), Selenium: 12.48µg (17.82%), Vitamin B2: 0.26mg (15.54%), Zinc: 1.95mg (13.03%), Vitamin B3: 2.4mg (11.99%), Manganese: 0.22mg (10.86%), Fiber: 2.65g (10.6%), Vitamin K: 9.74µg (9.28%), Vitamin A: 450.85IU (9.02%), Vitamin B6: 0.17mg (8.58%), Magnesium: 33.15mg (8.29%), Vitamin B12: 0.47µg (7.79%), Folate: 31.03µg (7.76%), Potassium: 261.2mg (7.46%), Copper: 0.14mg (7%), Vitamin C: 4.39mg (5.33%), Iron: 0.93mg (5.16%), Vitamin B5: 0.48mg (4.76%), Vitamin D: 0.6µg (3.97%), Vitamin E: 0.28mg (1.85%)