



HEALTH SCORE

70%

Fast Hawaiian Pizza



Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices ham thick cooked
- ☐ 1.5 teaspoons basil dried
- ☐ 1 10-inch flour tortilla
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon oregano dried
- ☐ 2 pineapple rings diced dry with paper towels
- ☐ 15 ounce pizza sauce contadina® canned such as
- ☐ 4 ounces mozzarella cheese shredded

☐ 1 tomatoes diced dry with paper towels

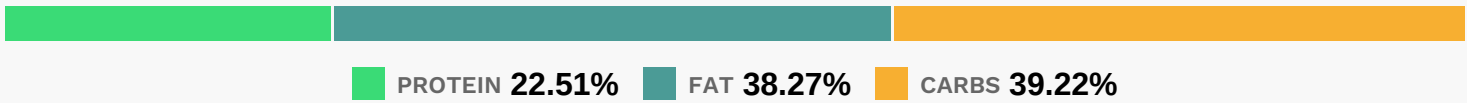
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pizza pan
- ☐ toaster

Directions

- ☐ Heat a toaster oven to 400 degrees. Spray a pizza pan small enough to fit in toaster oven with cooking spray.
- ☐ Heat a large skillet over high heat and place tortilla into the hot skillet. Cook tortilla until heated through, about 5 minutes; spread with pizza sauce and scatter tomato and pineapple pieces over sauce.
- ☐ Sprinkle pizza with basil, oregano, and garlic powder. Arrange ham pieces onto pizza and top with mozzarella cheese. Continue to heat pizza until tortilla is browned and crisp, 3 to 5 more minutes.
- ☐ Transfer pizza to the prepared pizza pan.
- ☐ Cook in the preheated toaster oven until cheese begins to brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:154, Glycemic Load:20.22, Inflammation Score:-10, Nutrition Score:52.977391761282%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 844.19kcal (42.21%), Fat: 37.01g (56.94%), Saturated Fat: 18.2g (113.72%), Carbohydrates: 85.35g (28.45%), Net Carbohydrates: 72.02g (26.19%), Sugar: 38.54g (42.82%), Cholesterol: 130.46mg (43.49%), Sodium: 3898.49mg (169.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.97g (97.94%), Phosphorus: 874.74mg (87.47%), Vitamin C: 70.46mg (85.4%), Calcium: 835.02mg (83.5%), Vitamin A: 3734.64IU (74.69%), Selenium: 49.48µg (70.68%), Vitamin K: 68.23µg (64.98%), Vitamin B1: 0.96mg (63.87%), Manganese: 1.26mg (63.14%), Potassium: 2109.43mg (60.27%), Vitamin B2: 1.01mg (59.18%), Iron: 10.42mg (57.87%), Vitamin B12: 3.38µg (56.25%), Fiber: 13.34g (53.35%), Vitamin B3: 10.65mg (53.24%), Vitamin E: 7.56mg (50.41%), Vitamin B6: 0.89mg (44.65%), Copper: 0.88mg (44.24%), Zinc: 6.39mg (42.63%), Magnesium: 161.48mg (40.37%), Folate: 147.93µg (36.98%), Vitamin B5: 2.23mg (22.29%), Vitamin D: 0.45µg (3.02%)