



## French Bread Pizzas

READY IN



42 min.

SERVINGS



12

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 servings olives black sliced
- 2 Tablespoons butter
- 12 servings canadian bacon
- 6 crusty rolls whole italian
- 0.5 pound diestel breakfast sausage italian (regular Breakfast Sausage Or Sausage)
- 2 pounds mozzarella cheese grated
- 1 onion whole sliced
- 12 servings parmesan cheese grated to taste
- 12 servings pepperoni

- 12 servings basil pesto refrigerated jarred
- 1 Chunks pineapple fresh canned
- 12 servings tomatoes jarred
- 12 servings roma tomatoes sliced

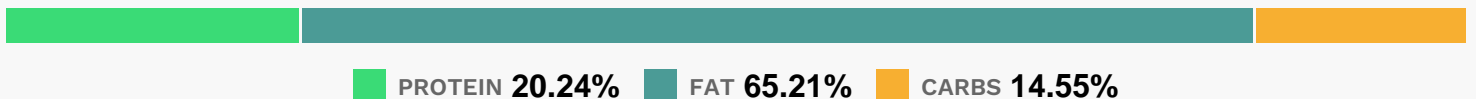
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat the oven to 375 degrees. Slice rolls in half and lay them, cut side up, on a large baking sheet. Top each half with a generous portion of either marinara or pesto. Next, top with a generous amount of grated mozzarella and Parmesan, if you'd like.
- Add whatever toppings you'd like on top of the cheese! Once all assembled, put the pan in the oven on the lowest rack for 8 to 10 minutes. Crank up the heat to 425 and put it on the highest rack until the cheese starts to bubble a bit and turn golden.
- Remove and serve immediately! You can cut the pizzas in half right across the middle so there are mini-French Bread Pizzas for everyone.

## Nutrition Facts



## Properties

Glycemic Index:25.14, Glycemic Load:3.78, Inflammation Score:-8, Nutrition Score:25.652174016704%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 756.7kcal (37.83%), Fat: 55.17g (84.87%), Saturated Fat: 24.06g (150.38%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 23.9g (8.69%), Sugar: 7.59g (8.43%), Cholesterol: 133.31mg (44.44%), Sodium: 2742.51mg (119.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.05%), Calcium: 729.9mg (72.99%), Phosphorus: 586.5mg (58.65%), Selenium: 38.72µg (55.31%), Vitamin B12: 2.66µg (44.4%), Vitamin A: 1770.95IU (35.42%), Zinc: 5.12mg (34.14%), Vitamin B2: 0.57mg (33.39%), Manganese: 0.61mg (30.38%), Vitamin B3: 4.73mg (23.67%), Vitamin E: 3.28mg (21.85%), Vitamin B1: 0.33mg (21.85%), Vitamin C: 16.1mg (19.51%), Potassium: 667.72mg (19.08%), Vitamin B6: 0.38mg (18.86%), Iron: 3.06mg (17.01%), Magnesium: 61.07mg (15.27%), Fiber: 3.79g (15.14%), Copper: 0.27mg (13.6%), Folate: 49.08µg (12.27%), Vitamin B5: 1.19mg (11.92%), Vitamin K: 8.42µg (8.02%), Vitamin D: 1.09µg (7.27%)