



Grilled Canadian Bacon and Pineapple Pizza

READY IN



30 min.

SERVINGS



9

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cream cheese softened
- ☐ 14 oz uncook pizza crust italian (12 inch)
- ☐ 0.3 cup pineapple crushed drained well
- ☐ 3.5 oz canadian bacon pizza-style canadian-style
- ☐ 0.5 cup bell pepper red chopped
- ☐ 4 oz mozzarella cheese shredded

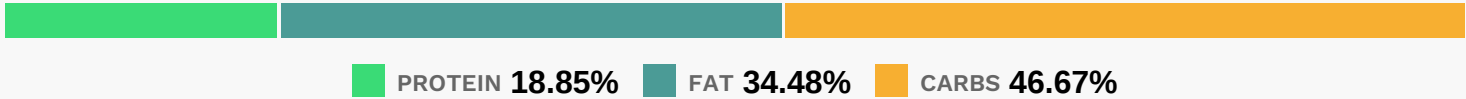
Equipment

- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Spread cream cheese on pizza crust to within 1/4 inch of edge. Top with pineapple, Canadian bacon and red pepper.
- ☐ Sprinkle with mozzarella cheese.
- ☐ Cover and grill over medium-low heat 7 to 9 minutes, moving pizza around grill every 2 minutes to prevent bottom from burning, until cheese is melted.
- ☐ Cut pizza into 36 squares.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:4.4986956456433%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 203.54kcal (10.18%), Fat: 7.79g (11.98%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 22.79g (8.29%), Sugar: 2.32g (2.58%), Cholesterol: 21.83mg (7.28%), Sodium: 432.72mg (18.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Vitamin C: 11.21mg (13.59%), Calcium: 112.34mg (11.23%), Vitamin A: 432.32IU (8.65%), Phosphorus: 80.75mg (8.08%), Selenium: 5.47µg (7.82%), Iron: 1.39mg (7.73%), Vitamin B1: 0.1mg (6.61%), Vitamin B12: 0.38µg (6.25%), Vitamin B2: 0.08mg (4.56%), Vitamin B3: 0.81mg (4.03%), Vitamin B6: 0.08mg (4.01%), Zinc: 0.58mg (3.87%), Fiber: 0.93g (3.7%), Vitamin D: 0.36µg (2.39%), Potassium: 81.44mg (2.33%), Magnesium: 6.94mg (1.74%), Vitamin E: 0.23mg (1.56%), Folate: 6.03µg (1.51%), Vitamin B5: 0.14mg (1.37%)