



Grilled Ham and Pineapple Pizza

READY IN



34 min.

SERVINGS



4

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces low sodium shoyu thinly sliced (such as Boar's Head)
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 1 inch pineapple fresh
- ☐ 8 ounce uncook pizza crust thin
- ☐ 0.5 cup tomato basil sauce

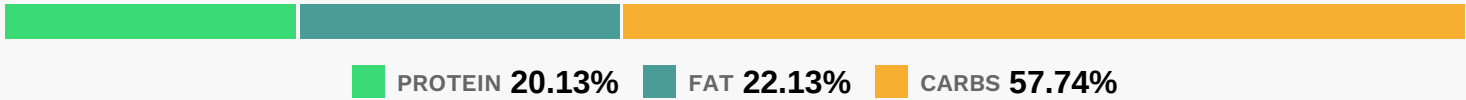
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Arrange pineapple and ham slices on grill rack coated with cooking spray. Grill ham 1 minute, turning once.
- ☐ Remove ham from grill. Grill pineapple 9 minutes, turning once.
- ☐ Remove from grill; coarsely chop pineapple.
- ☐ Spread sauce evenly over crust, leaving a 1/2-inch border; top evenly with cheese. Arrange pineapple and ham over cheese.
- ☐ Place pizza on grill rack coated with cooking spray; grill 7 minutes or until cheese melts.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.7321739455928%

Nutrients (% of daily need)

Calories: 213.88kcal (10.69%), Fat: 5.24g (8.07%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 29.26g (10.64%), Sugar: 2.31g (2.56%), Cholesterol: 8.96mg (2.99%), Sodium: 1211.53mg (52.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Calcium: 172.48mg (17.25%), Iron: 1.95mg (10.85%), Phosphorus: 100.17mg (10.02%), Fiber: 1.51g (6.06%), Vitamin B2: 0.09mg (5.51%), Manganese: 0.1mg (4.87%), Magnesium: 17.97mg (4.49%), Potassium: 137.29mg (3.92%), Zinc: 0.56mg (3.7%), Vitamin A: 161.46IU (3.23%), Selenium: 2.12µg (3.03%), Folate: 10.73µg (2.68%), Vitamin B6: 0.04mg (2.23%), Vitamin B12: 0.11µg (1.91%), Vitamin B3: 0.26mg (1.3%), Vitamin C: 1.05mg (1.28%)