



Ham and Pineapple Pita Pizzas

READY IN



10 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces deli honey ham sliced
- ☐ 8 ounce mozzarella fresh sliced
- ☐ 8 ounce pineapple chunks drained canned
- ☐ 4 wholewheat pita breads

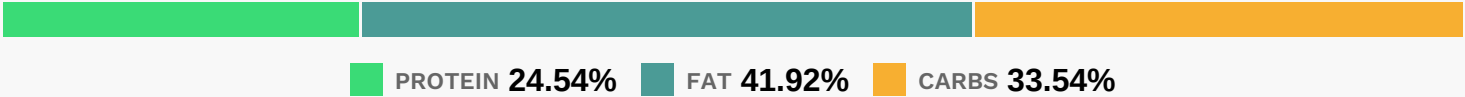
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425F.
- ☐ Place the pitas on a baking sheet.
- ☐ Layer the pitas with the ham, mozzarella, and pineapple.
- ☐ Bake until the pitas are crisp and the cheese has melted, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:29.4, Inflammation Score:-4, Nutrition Score:15.058695383694%

Nutrients (% of daily need)

Calories: 495.9kcal (24.79%), Fat: 22.92g (35.25%), Saturated Fat: 10.95g (68.41%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 39.29g (14.29%), Sugar: 8.67g (9.63%), Cholesterol: 79.95mg (26.65%), Sodium: 1329.25mg (57.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.19g (60.37%), Phosphorus: 380.34mg (38.03%), Vitamin B1: 0.57mg (37.67%), Calcium: 347.53mg (34.75%), Selenium: 22.74µg (32.48%), Vitamin B12: 1.66µg (27.59%), Zinc: 3.5mg (23.32%), Vitamin B2: 0.35mg (20.71%), Vitamin B3: 3.95mg (19.74%), Vitamin B6: 0.3mg (14.9%), Manganese: 0.29mg (14.72%), Magnesium: 45.18mg (11.29%), Copper: 0.21mg (10.4%), Potassium: 342.76mg (9.79%), Iron: 1.69mg (9.36%), Vitamin A: 411.64IU (8.23%), Fiber: 1.97g (7.88%), Vitamin C: 5.33mg (6.46%), Vitamin B5: 0.56mg (5.61%), Folate: 21.94µg (5.49%), Vitamin D: 0.62µg (4.16%), Vitamin E: 0.32mg (2.15%), Vitamin K: 1.7µg (1.62%)