



Ham and Pineapple Pizza

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper red crushed
- 0.5 cup julienne-cut ham cooked (2-inch)
- 3 ounces preshredded part-skim mozzarella cheese
- 8 ounce pineapple tidbits in juice drained canned
- 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- 0.5 cup commercial pizza sauce

Equipment

- baking sheet

oven

Directions

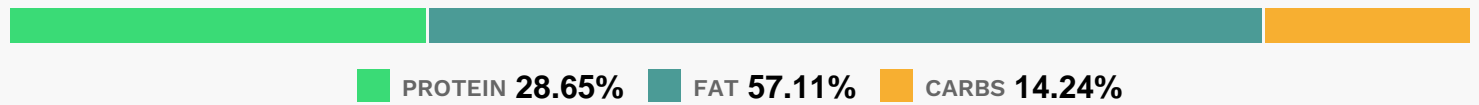
Preheat oven to 45

Place pizza crust on a baking sheet.

Spread sauce evenly over the pizza crust, leaving a 1/2-inch border. Top with ham, pineapple, and cheese; sprinkle with red pepper.

Bake at 450 for 10 minutes or until the crust is crisp.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:6.8834782786991%

Nutrients (% of daily need)

Calories: 365.76kcal (18.29%), Fat: 24.21g (37.25%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 12.34g (4.49%), Sugar: 9.42g (10.47%), Cholesterol: 38.63mg (12.88%), Sodium: 621.78mg (27.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.32g (54.65%), Calcium: 323.01mg (32.3%), Phosphorus: 148.51mg (14.85%), Vitamin B1: 0.17mg (11.63%), Selenium: 7.47µg (10.67%), Vitamin C: 7.47mg (9.06%), Vitamin B2: 0.14mg (8.01%), Vitamin B6: 0.16mg (7.83%), Zinc: 1.12mg (7.48%), Potassium: 231.61mg (6.62%), Vitamin B3: 1.28mg (6.41%), Vitamin A: 300.29IU (6.01%), Copper: 0.12mg (5.85%), Magnesium: 21.5mg (5.38%), Fiber: 1.24g (4.96%), Vitamin B12: 0.29µg (4.77%), Vitamin E: 0.59mg (3.95%), Iron: 0.67mg (3.74%), Folate: 8.06µg (2.02%), Manganese: 0.04mg (1.97%), Vitamin B5: 0.19mg (1.93%), Vitamin K: 1.73µg (1.64%), Vitamin D: 0.19µg (1.24%)