



WHATSheATE



Ham and Pineapple Pizza Subs

READY IN



80 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 13.2 ounce bread dough refrigerated french
- ☐ 2 ounces canadian bacon sliced coarsely chopped
- ☐ 0.5 cup soy sauce
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 1 cup pineapple fresh cubed peeled

Equipment

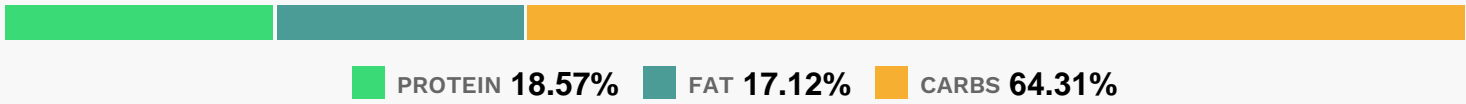
- ☐ baking sheet
- ☐ oven

- ☐ wire rack
- ☐ broiler

Directions

- ☐ Preheat oven to 350
- ☐ Roll dough out to a 24-inch rope; cut dough into 2 (12-inch) ropes.
- ☐ Place dough on a parchment-lined baking sheet.
- ☐ Bake at 350 for 25 minutes or until golden; cool completely on a wire rack.
- ☐ Cut bread into 4 (6-inch-long) pieces; split each piece crosswise.
- ☐ Preheat broiler to high.
- ☐ Open each bread portion flat.
- ☐ Spread 2 tablespoons sauce over each bread portion; divide Canadian bacon evenly among servings.
- ☐ Sprinkle bacon with cheese; top with pineapple. Broil 3 minutes or until golden.
- ☐ Garnish with green onions, if desired. Fold top half of bread over cheese mixture.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:2.83, Inflammation Score:0, Nutrition Score:7.7521738850552%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 335.38kcal (16.77%), Fat: 6.13g (9.43%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 49.19g (17.89%), Sugar: 4.38g (4.87%), Cholesterol: 16.16mg (5.39%), Sodium: 1803.79mg (78.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.93%), Manganese: 0.52mg (26.11%), Vitamin C: 19.72mg (23.9%), Phosphorus: 156.29mg (15.63%), Calcium: 126.91mg (12.69%), Fiber: 2.62g (10.5%), Vitamin B1: 0.15mg (10.29%), Vitamin B2: 0.16mg (9.24%), Selenium: 5.79µg (8.26%), Magnesium: 32.61mg (8.15%), Vitamin B6: 0.16mg (8.12%), Vitamin B3: 1.47mg (7.34%), Potassium: 217.83mg (6.22%), Zinc: 0.89mg (5.93%), Folate: 23.29µg (5.82%), Iron: 0.68mg (3.76%), Copper: 0.07mg (3.55%), Vitamin B12: 0.21µg (3.52%), Vitamin D: 0.44µg (2.93%),

Vitamin B5: 0.27mg (2.75%), Vitamin A: 92.11IU (1.84%), Vitamin E: 0.19mg (1.26%)