



Ham and Pineapple Pizza Subs

READY IN



80 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

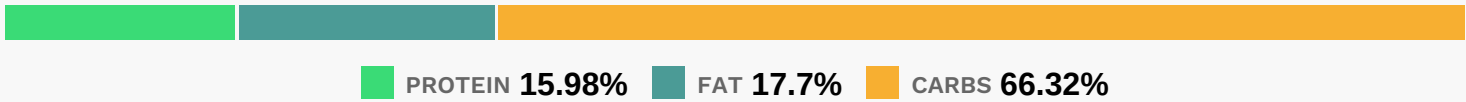
- ☐ baking sheet
- ☐ oven

- ☐ 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:25.92, Glycemic Load:3.36, Inflammation Score:-3, Nutrition Score:7.1052173531574%

Flavonoids

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

Nutrients (% of daily need)

Calories: 324.56kcal (16.23%), Fat: 6.13g (9.43%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 51.66g (17.22%), Net Carbohydrates: 48.8g (17.74%), Sugar: 5.31g (5.9%), Cholesterol: 16.16mg (5.39%), Sodium: 801.45mg (34.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.89%), Vitamin C: 21.86mg (26.5%), Manganese: 0.42mg (20.99%), Calcium: 121.63mg (12.16%), Fiber: 2.86g (11.44%), Phosphorus: 111.64mg (11.16%), Vitamin B1: 0.15mg (9.93%), Selenium: 5.81µg (8.3%), Vitamin B6: 0.14mg (7.07%), Vitamin B3: 1.41mg (7.04%), Vitamin B2: 0.1mg (5.91%), Potassium: 196.59mg (5.62%), Zinc: 0.71mg (4.7%), Copper: 0.09mg (4.53%), Vitamin A: 224.71IU (4.49%), Magnesium: 15.21mg (3.8%), Vitamin B12: 0.21µg (3.52%), Vitamin E: 0.5mg (3.33%), Folate: 12.02µg (3.01%),

Iron: 0.54mg (3.01%), Vitamin D: 0.44µg (2.93%), Vitamin B5: 0.27mg (2.67%), Vitamin K: 1.37µg (1.31%)