



Ham, Pineapple and Jack Cheese Pizza

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup ham diced
- ☐ 2 cups monterey jack shredded
- ☐ 1 tablespoon olive oil
- ☐ 20 oz pineapple chunks in juice drained well canned
- ☐ 1 pound pizza dough frozen thawed
- ☐ 3 scallions light white green finely chopped

Equipment

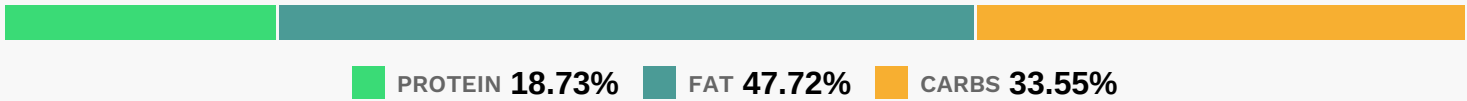
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 475F.
- ☐ Brush bottom of a 16-by-11-inch rimmed baking sheet with olive oil. Gently press and stretch dough evenly to cover bottom of pan. (If dough resists at first, let it rest at room temperature for a few minutes and then continue.) Scatter pineapple and ham on top of dough, leaving a 1-inch border around edges.
- ☐ Sprinkle with cheese.
- ☐ Bake until underside of dough is golden and cheese is bubbling, about 15 minutes.
- ☐ Sprinkle with scallions.
- ☐ Let stand 5 minutes on a wire rack before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:8.7082608316256%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 265.62kcal (13.28%), Fat: 14.29g (21.99%), Saturated Fat: 6.45g (40.33%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 20.78g (7.56%), Sugar: 10.1g (11.23%), Cholesterol: 32.57mg (10.86%), Sodium: 488.13mg (21.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Calcium: 261.47mg (26.15%), Selenium: 13.28µg (18.97%), Phosphorus: 186.84mg (18.68%), Vitamin B2: 0.22mg (12.94%), Vitamin K: 12.25µg (11.67%), Vitamin B1: 0.16mg (10.59%), Vitamin B12: 0.54µg (9.02%), Zinc: 1.35mg (8.98%), Copper: 0.17mg (8.69%), Iron: 1.49mg (8.25%), Vitamin C: 6.55mg (7.94%), Vitamin A: 393.16IU (7.86%), Fiber: 1.83g (7.31%), Manganese: 0.14mg (7.01%), Folate: 26.44µg (6.61%), Magnesium: 25.76mg (6.44%), Vitamin B3: 1.2mg (5.99%), Vitamin B6: 0.1mg (5.01%), Vitamin E: 0.75mg (5%), Potassium: 167.51mg (4.79%), Vitamin B5: 0.15mg (1.49%)