



Hawaiian Brunch Pizza

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup water hot
- ☐ 0.8 cup cream sour
- ☐ 0.5 teaspoon onion salt
- ☐ 3 eggs
- ☐ 6 ounces canadian bacon canadian-style sliced cut into thin strips
- ☐ 4 ounces cheddar cheese shredded
- ☐ 20 ounces pineapple chunks drained well canned
- ☐ 0.3 cup bell pepper green chopped

☐ 1.5 cups frangelico

Equipment

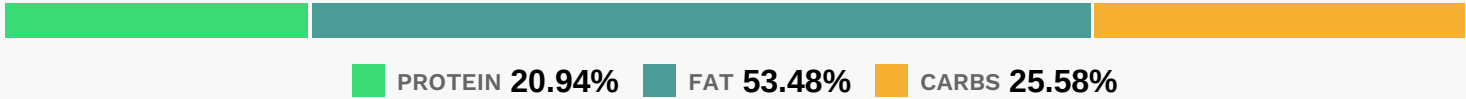
☐ oven

☐ pizza pan

Directions

- ☐ Heat oven to 425°F. Grease 12-inch pizza pan.
- ☐ Mix Bisquick and hot water until soft dough forms. Press dough in pizza pan, using fingers dusted with Bisquick; pinch edge to form 1/2-inch rim.
- ☐ Bake 10 minutes.
- ☐ Mix sour cream, onion salt and eggs; pour over crust.
- ☐ Layer bacon, cheese, pineapple and bell pepper on egg mixture.
- ☐ Bake about 25 minutes or until set. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:8.0617391233859%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 200.96kcal (10.05%), Fat: 12.14g (18.68%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 12.06g (4.39%), Sugar: 11.06g (12.29%), Cholesterol: 98.91mg (32.97%), Sodium: 461.71mg (20.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Selenium: 15.47µg (22.11%), Phosphorus: 171.54mg (17.15%), Vitamin B1: 0.25mg (16.64%), Calcium: 145.13mg (14.51%), Vitamin B2: 0.23mg (13.35%), Vitamin C: 10.6mg (12.85%), Vitamin B6: 0.19mg (9.66%), Vitamin A: 418.13IU (8.36%), Vitamin B12: 0.48µg (8.08%), Vitamin B3: 1.59mg (7.94%), Zinc: 1.18mg (7.85%), Vitamin D: 1.01µg (6.74%), Potassium: 229.84mg (6.57%), Magnesium: 22.78mg (5.69%), Copper: 0.11mg (5.53%), Vitamin B5: 0.5mg (4.99%), Folate: 16.89µg (4.22%), Fiber: 1g (4%), Iron: 0.69mg (3.81%), Vitamin E: 0.44mg (2.92%), Vitamin K: 1.55µg (1.48%)