



Hawaiian Pizza

READY IN



50 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup ham smoked diced
- ☐ 0.3 cup bell pepper diced green
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 1 cup pineapple fresh chopped
- ☐ 14 oz uncook pizza crust
- ☐ 0.8 cup tomato sauce

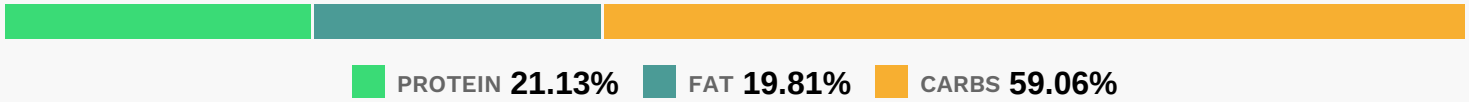
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Spread 3 Tbsp. Basic Tomato Sauce over each of 4 individual pizza crusts. Top each with 1/4 cup ham, 1/4 cup chopped pineapple, and 1 Tbsp. diced bell pepper.
- ☐ Sprinkle each with 2 Tbsp. cheese.
- ☐ Bake on middle oven rack 10 to 12 minutes.
- ☐ Note: We tested with Natural Gourmet Kabuli Pizza Crust.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:3.65, Inflammation Score:-4, Nutrition Score:9.1895650638186%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 381.75kcal (19.09%), Fat: 8.47g (13.03%), Saturated Fat: 4.22g (26.35%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 53.89g (19.59%), Sugar: 7.62g (8.47%), Cholesterol: 29.36mg (9.79%), Sodium: 1347.23mg (58.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.32g (40.65%), Vitamin C: 30.42mg (36.87%), Manganese: 0.44mg (22.22%), Calcium: 216.65mg (21.66%), Iron: 3.87mg (21.52%), Phosphorus: 181.41mg (18.14%), Fiber: 2.92g (11.69%), Copper: 0.21mg (10.49%), Potassium: 323.35mg (9.24%), Zinc: 1.32mg (8.79%), Magnesium: 29.17mg (7.29%), Vitamin A: 324.63IU (6.49%), Vitamin B6: 0.12mg (6.09%), Vitamin B2: 0.09mg (5.18%), Vitamin E: 0.72mg (4.83%), Vitamin B3: 0.72mg (3.6%), Folate: 13.75µg (3.44%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.33µg (3.33%), Vitamin B5: 0.25mg (2.5%), Vitamin K: 2.49µg (2.37%), Vitamin B12: 0.11µg (1.91%)