



Hawaiian Pizza Dipping Sauce for Pizza Rolls

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



16 kcal

SAUCE

Ingredients

- 1 cup tomato sauce
- 0.3 cup bell pepper green finely chopped
- 0.3 cup pineapple crushed (from 8-oz can)
- 0.1 teaspoon pepper red crushed
- 24 pizza cheese frozen

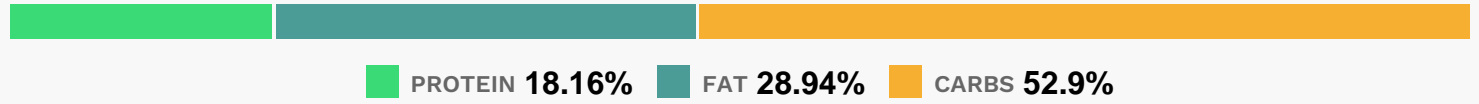
Equipment

- sauce pan

Directions

- In 1-quart saucepan, mix pizza sauce, bell pepper, pineapple and crushed red pepper.
- Heat over medium heat, stirring occasionally, until hot.
- Serve with hot pizza snacks.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.2856521774893%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 16.15kcal (0.81%), Fat: 0.58g (0.89%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.76g (1.96%), Cholesterol: 0.4mg (0.13%), Sodium: 101.11mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Vitamin C: 5.37mg (6.51%), Vitamin A: 113.18IU (2.26%), Potassium: 76.44mg (2.18%), Vitamin E: 0.32mg (2.12%), Fiber: 0.47g (1.88%), Vitamin B6: 0.03mg (1.73%), Copper: 0.03mg (1.67%), Manganese: 0.03mg (1.36%), Iron: 0.23mg (1.29%), Vitamin B3: 0.24mg (1.22%), Magnesium: 4.49mg (1.12%)