



Hawaiian Pizza Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons cornmeal yellow
- ☐ 1 cup canadian bacon diced
- ☐ 2 tablespoons olive oil
- ☐ 0.7 cup bell pepper green chopped
- ☐ 0.7 cup onion chopped
- ☐ 8 oz dole pineapple tidbits drained canned
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 4 oz pizza cheese shredded

- ☐ 0.1 teaspoon pepper
- ☐ 0.8 cup milk
- ☐ 0.3 cup cream sour
- ☐ 2 eggs
- ☐ 0.8 cup tomato sauce warmed
- ☐ 0.5 cup frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ Sprinkle inside of pie plate with cornmeal; tap to remove excess.
- ☐ Sprinkle Canadian bacon in bottom of pie plate.
- ☐ In 6-inch nonstick skillet, heat oil over medium heat.
- ☐ Add bell pepper and onion; cook 3 to 5 minutes, stirring occasionally, until tender.
- ☐ Spread over Canadian bacon. Top with pineapple, olives and cheese blend.
- ☐ In medium bowl, stir Bisquick mix, pepper, milk, sour cream and eggs with whisk or fork until blended.
- ☐ Pour over mixture in pie plate.
- ☐ Bake 25 to 30 minutes or until golden brown and knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.
- ☐ Cut into wedges. Top each serving with pizza sauce.

Nutrition Facts



 PROTEIN **23.01%**  FAT **56.88%**  CARBS **20.11%**

Properties

Glycemic Index:36.75, Glycemic Load:2.21, Inflammation Score:-5, Nutrition Score:11.569565213245%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 290.77kcal (14.54%), Fat: 18.89g (29.07%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 12.98g (4.72%), Sugar: 9.67g (10.75%), Cholesterol: 89.25mg (29.75%), Sodium: 741.51mg (32.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.4%), Vitamin B1: 0.39mg (26.16%), Vitamin C: 20.44mg (24.77%), Selenium: 16.03µg (22.91%), Phosphorus: 189mg (18.9%), Vitamin B6: 0.33mg (16.63%), Vitamin B3: 3.09mg (15.45%), Vitamin B2: 0.24mg (14%), Vitamin E: 1.9mg (12.65%), Calcium: 121.53mg (12.15%), Potassium: 420.79mg (12.02%), Vitamin D: 1.73µg (11.55%), Vitamin B12: 0.59µg (9.77%), Vitamin A: 463.34IU (9.27%), Fiber: 2.05g (8.21%), Magnesium: 30.12mg (7.53%), Zinc: 1.12mg (7.45%), Vitamin B5: 0.73mg (7.32%), Copper: 0.14mg (7.09%), Iron: 1.16mg (6.44%), Vitamin K: 5.78µg (5.5%), Manganese: 0.11mg (5.38%), Folate: 19.81µg (4.95%)