



Hawaiian Pizza Pockets

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup water (120°F to 130°F)
- 2 tablespoons olive oil
- 0.5 cup tomatoes
- 8 slices deli honey ham
- 0.5 cup dole pineapple tidbits canned drained
- 2 oz mozzarella cheese shredded finely
- 3 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- aluminum foil
- rolling pin

Directions

- Heat oven to 450°F. Line cookie sheet with foil; spray foil with cooking spray.
- In medium bowl, stir together Bisquick mix, very warm water and olive oil until Bisquick mix is moistened.
- Let stand 15 minutes.
- Knead dough slightly to form ball. Divide dough into 8 parts. Flatten and use rolling pin to roll each into circle about 1/8-inch thick.
- Place circles on cookie sheet.
- Top each with 1 slice ham, torn into pieces, 1 tablespoon pineapple and 1 tablespoon cheese. Fold over, and pinch edges to seal.
- Bake 15 to 20 minutes or until golden.
- Enjoy hot, or cool completely, wrap in plastic wrap and freeze until ready to use.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:4.4269565758498%

Nutrients (% of daily need)

Calories: 132.79kcal (6.64%), Fat: 9.84g (15.14%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.73g (3.03%), Cholesterol: 22.96mg (7.65%), Sodium: 450.58mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Vitamin B1: 0.19mg (12.61%), Selenium: 7.71µg (11.02%), Phosphorus: 90.18mg (9.02%), Vitamin B3: 1.45mg (7.25%), Vitamin B6: 0.14mg (6.76%), Zinc: 0.91mg (6.05%), Vitamin B12: 0.34µg (5.68%), Vitamin E: 0.84mg (5.61%), Vitamin B2: 0.09mg (5.59%), Calcium: 42.89mg

(4.29%), Potassium: 149.32mg (4.27%), Copper: 0.06mg (3.03%), Vitamin C: 2.46mg (2.98%), Magnesium: 11.45mg (2.86%), Iron: 0.48mg (2.68%), Vitamin K: 2.8µg (2.67%), Vitamin A: 121.61IU (2.43%), Vitamin B5: 0.19mg (1.85%), Fiber: 0.42g (1.69%), Vitamin D: 0.22µg (1.5%), Manganese: 0.02mg (1.12%)