



## Hawaiian Whole Wheat Pizza

READY IN



55 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 package yeast dry
- 1 cup water (105°F to 115°F)
- 2.5 cups flour whole wheat
- 2 tablespoons vegetable oil
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 1 tablespoon cornmeal
- 1 teaspoon flour whole wheat
- 8 oz tomato sauce canned

- 8 oz mozzarella cheese shredded italian
- 6 oz canadian bacon sliced cut into fourths
- 8 oz pineapple chunks drained well canned
- 0.5 cup onion red thinly sliced
- 0.5 cup bell pepper green chopped

## Equipment

- bowl
- baking sheet
- oven

## Directions

- In medium bowl, dissolve yeast in warm water. Stir in 2 1/2 cups flour, 2 tablespoons oil and the salt. Beat vigorously 20 strokes with spoon.
- Let dough rest in bowl 20 minutes.
- Meanwhile, move oven rack to lowest position; heat oven to 425°F. Grease cookie sheet with 1 tablespoon oil; sprinkle with cornmeal.
- Place dough on cookie sheet; sprinkle with 1 teaspoon flour. With floured fingers, pat dough into 12x10-inch rectangle; pinch edges to form 1/2-inch rim.
- Spread pizza sauce over dough. Top with remaining ingredients.
- Bake 15 to 20 minutes or until edges of crust are golden brown.

## Nutrition Facts



**PROTEIN 19.7%** **FAT 37.29%** **CARBS 43.01%**

## Properties

Glycemic Index:22.19, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:18.835217289303%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg,

Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 329.18kcal (16.46%), Fat: 14.14g (21.76%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 31.19g (11.34%), Sugar: 6.17g (6.85%), Cholesterol: 33.03mg (11.01%), Sodium: 653.37mg (28.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.62%), Manganese: 1.61mg (80.72%), Selenium: 33.94µg (48.49%), Vitamin B1: 0.5mg (33.55%), Phosphorus: 309.58mg (30.96%), Fiber: 5.51g (22.06%), Vitamin B3: 4.03mg (20.13%), Magnesium: 73.55mg (18.39%), Vitamin B6: 0.35mg (17.47%), Calcium: 170.75mg (17.08%), Vitamin C: 12.88mg (15.61%), Zinc: 2.34mg (15.57%), Vitamin B2: 0.24mg (14.41%), Vitamin B12: 0.79µg (13.16%), Copper: 0.25mg (12.61%), Vitamin K: 12.48µg (11.88%), Folate: 47.15µg (11.79%), Iron: 2.09mg (11.62%), Potassium: 394.38mg (11.27%), Vitamin E: 1.24mg (8.26%), Vitamin A: 366.62IU (7.33%), Vitamin B5: 0.61mg (6.13%), Vitamin D: 0.71µg (4.72%)