



Maui Pizza

 Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon bottled garlic minced
- ☐ 1 piece basic bread pizzas french prepared
- ☐ 1 tablespoon deli ham diced
- ☐ 1 tablespoon green onion sliced
- ☐ 2 tablespoons pineapple tidbits in juice drained

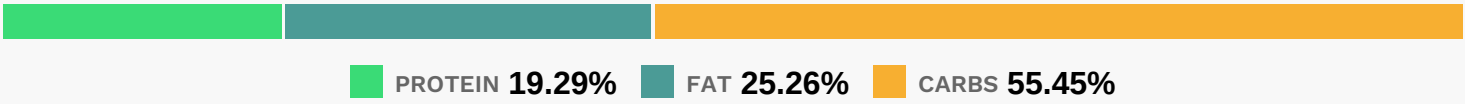
Equipment

- ☐ oven

Directions

- ☐
- Preheat oven to 450
- ☐
- Sprinkle all ingredients on 1 piece prepared pizza. Top with 1/4 cup cheese, and bake at 450 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:120.67, Glycemic Load:7.35, Inflammation Score:-2, Nutrition Score:6.7247826353363%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 134.18kcal (6.71%), Fat: 3.8g (5.84%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 17.07g (6.21%), Sugar: 5.97g (6.64%), Cholesterol: 9.17mg (3.06%), Sodium: 309.43mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Manganese: 0.37mg (18.32%), Selenium: 11.75µg (16.79%), Vitamin B1: 0.24mg (15.99%), Vitamin K: 14.02µg (13.35%), Vitamin B3: 2.35mg (11.75%), Phosphorus: 73.97mg (7.4%), Folate: 29.6µg (7.4%), Iron: 1.33mg (7.39%), Vitamin B2: 0.12mg (6.8%), Fiber: 1.69g (6.75%), Vitamin B6: 0.13mg (6.43%), Vitamin C: 4.35mg (5.28%), Magnesium: 20.24mg (5.06%), Calcium: 47.35mg (4.73%), Copper: 0.09mg (4.7%), Zinc: 0.7mg (4.68%), Potassium: 140.01mg (4%), Vitamin B5: 0.31mg (3.09%), Vitamin B12: 0.09µg (1.58%), Vitamin A: 75.28IU (1.51%)