



## Pizza 6: Pan-fried Hawaiian Pizza

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounce mozzarella cheese fresh thinly sliced
- ☐ 4 ounces ham chopped
- ☐ 1.5 cups pineapple cubes
- ☐ 2 servings olive oil for frying
- ☐ 1 cup pizza sauce store-bought your favorite

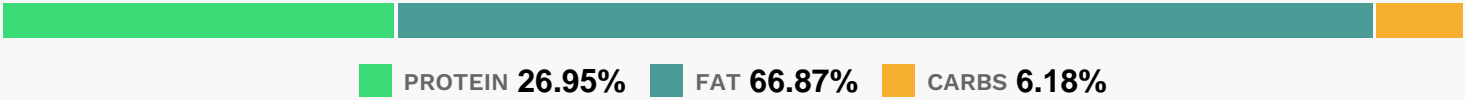
## Equipment

- ☐ frying pan
- ☐ broiler

# Directions

- ☐ Preheat the broiler.
- ☐ Add a little oil to a medium cast-iron pan and fry the ham over medium-low heat until it's a little brown and crispy, about 3 minutes. Set aside.
- ☐ Roll each pizza dough half into circles the size of your cast-iron pan. The dough will probably be slightly thicker than what you're used to.
- ☐ Heat the pan to medium and add about 1 tablespoon of olive oil.
- ☐ Add 1 piece of the rolled-out dough. Cook for 2 to 3 minutes, until the dough is bubbly on top and browned underneath. Flip, add half of the sauce, half of the mozzarella, half of the ham, and half of the pineapple. Cook another 2 minutes, until the bottom is cooked, then slip under the broiler for 2 to 3 minutes, until the cheese looks bubbly and the pineapple is slightly caramelized. Top with basil.
- ☐ Remove the pizza from the pan, and repeat with the other piece of dough.
- ☐ From Dinner: A Love Story by Jenny Rosenstrach. Copyright © 2012 by Jenny Rosenstrach; photographs by Jennifer Causey. Published by Harper Collins.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:2.77, Inflammation Score:-7, Nutrition Score:19.674347711646%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 722.39kcal (36.12%), Fat: 54.07g (83.18%), Saturated Fat: 22.89g (143.06%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.4g (3.42%), Sugar: 7.05g (7.83%), Cholesterol: 172.81mg (57.6%), Sodium: 2781.61mg (120.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.03g (98.06%), Calcium: 592.67mg (59.27%), Phosphorus: 516.15mg (51.62%), Vitamin B12: 2.87µg (47.82%), Selenium: 31.41µg (44.87%), Zinc: 4.25mg (28.33%), Vitamin A: 1317.97IU (26.36%), Vitamin B2: 0.45mg (26.26%), Vitamin B3: 3.61mg (18.06%), Vitamin E: 2.63mg (17.51%), Potassium: 562.3mg (16.07%), Vitamin B6: 0.31mg (15.64%), Vitamin B1: 0.22mg (14.66%), Iron: 2.47mg (13.74%), Magnesium: 47.86mg (11.96%), Vitamin C: 8.57mg (10.39%), Copper: 0.18mg (8.86%), Manganese: 0.17mg

(8.57%), Vitamin B5: 0.85mg (8.53%), Vitamin K: 7.72µg (7.36%), Fiber: 1.84g (7.35%), Folate: 18.96µg (4.74%),  
Vitamin D: 0.68µg (4.54%)