



Pub Pizza

READY IN



25 min.

SERVINGS



1

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices ham cooked
- ☐ 4 slices monterrey jack cheese
- ☐ 0.3 cup pineapple chunks drained
- ☐ 1 4-inch pita bread
- ☐ 0.3 cup pizza sauce

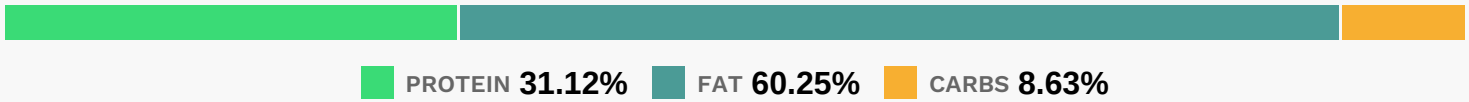
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place pita bread on a small baking sheet. Cover with pizza sauce.
- ☐ Layer with cooked ham and pineapple chunks. Top with Monterey Jack cheese.
- ☐ Bake in the preheated oven 12 to 15 minutes, until the cheese is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:169, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:27.514347988626%

Nutrients (% of daily need)

Calories: 637.58kcal (31.88%), Fat: 42.73g (65.74%), Saturated Fat: 23.33g (145.8%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 12.06g (4.39%), Sugar: 11.17g (12.42%), Cholesterol: 181.44mg (60.48%), Sodium: 2261.88mg (98.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.67g (99.34%), Calcium: 861.14mg (86.11%), Phosphorus: 845.97mg (84.6%), Selenium: 39.02µg (55.74%), Vitamin B1: 0.69mg (45.87%), Vitamin B2: 0.76mg (44.5%), Vitamin C: 35.94mg (43.57%), Vitamin B12: 2.51µg (41.81%), Zinc: 6.06mg (40.4%), Vitamin B3: 4.88mg (24.4%), Vitamin B6: 0.48mg (24%), Vitamin A: 1156.07IU (23.12%), Potassium: 661.89mg (18.91%), Magnesium: 72.08mg (18.02%), Copper: 0.3mg (14.95%), Vitamin B5: 1.41mg (14.06%), Iron: 2.53mg (14.03%), Folate: 32.23µg (8.06%), Vitamin E: 1.18mg (7.9%), Fiber: 1.71g (6.84%), Manganese: 0.14mg (6.77%), Vitamin K: 4.93µg (4.69%), Vitamin D: 0.67µg (4.48%)