



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Cheddar Crust (12") Hawaiian BBQ Pizza ♦♦

This Cheddar Crust Hawaiian BBQ Pizza is a delicious combination of sweet and savory flavors. The cheddar crust adds a rich and cheesy base to the pizza, while the Hawaiian BBQ sauce, pineapple, ham, and red onions provide a tropical twist. It's the perfect pizza for a summer barbecue or a cozy night in.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

300 g	Cheddar Cheese
500 g	Flour
7 g	Yeast
300 ml	Water

<b>10 g</b>	Salt
<b>10 g</b>	Sugar
<b>30 ml</b>	Olive oil
<b>1 c</b>	hawaiian bbq sauce
<b>1 c</b>	Pineapple Chunks
<b>200 g</b>	Ham
<b>100 g</b>	red onion

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 450°F (230°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Mixing

In a large bowl, combine the flour, yeast, salt, and sugar. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

#### Mixing

Add the water and olive oil to the dry ingredients. Mix until a dough forms.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 4

#### Kneading

Knead the dough on a lightly floured surface for 5 minutes, or until smooth and elastic.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 5

#### Resting

Place the dough in a greased bowl and cover with a clean kitchen towel. Let it rise for 10 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

### Step 6

#### Rolling

Roll out the dough on a floured surface to fit a 12" pizza pan. Transfer the dough to the pan.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 7

Spreading

Spread the Hawaiian BBQ sauce evenly over the dough.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 8

Topping

Top the pizza with pineapple chunks, ham, and red onion.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

---

## Step 9

Baking

Bake the pizza in the preheated oven for 15 minutes, or until the crust is golden and the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

---

## Step 10

Cooling

Remove the pizza from the oven and let it cool for a few minutes before slicing and serving.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 275 kcal

**Fat:** 12 g

**Protein:** 12 g

**Carbohydrates:** 31 g

## Nutrition Facts

---

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	31 g	56.36%	62%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	650 mg	28.26%	28.26%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

Thanksgiving

Barbecue

Picnic

Game Day

### Cuisines

Italian

French

American

### Meal Type

Breakfast

Lunch

Snack

Supper

### Nutritional Content

Low Calorie

Low Fat

### Kitchen Tools

Slow Cooker

### Course

Appetizers

Side Dishes

Desserts

Salads

Soups

Sauces & Dressings

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)