



Apple Pizza

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

792 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium granny smith apples--peeled cored very thinly sliced
- ☐ 14 ounces puff pastry frozen chilled thawed
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted softened
- ☐ 4 servings whipped cream for serving

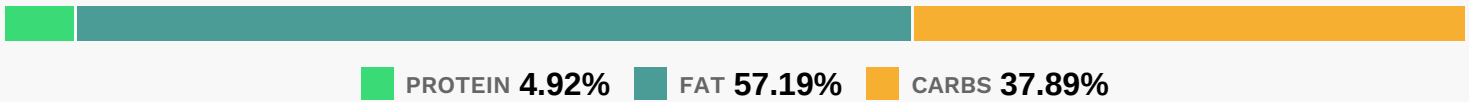
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 45
- ☐ On a lightly floured surface, roll out the pastry to a 16-by-10-inch rectangle.
- ☐ Transfer to a 15-by-10 1/2-inch baking sheet, trimming the excess dough. Arrange the apple slices in crosswise rows on the pastry.
- ☐ Spread the butter over the apples and sprinkle with the sugar. Refrigerate until the pastry is firm, at least 15 minutes.
- ☐ Bake the apple pizza for about 15 minutes, or until the pastry is puffed and golden and the apples are glazed.
- ☐ Serve the apple pizza warm with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:54.77, Glycemic Load:38.86, Inflammation Score:-6, Nutrition Score:13.166087114293%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 792.4kcal (39.62%), Fat: 50.91g (78.32%), Saturated Fat: 17.67g (110.44%), Carbohydrates: 75.88g (25.29%), Net Carbohydrates: 71.74g (26.09%), Sugar: 27.19g (30.21%), Cholesterol: 44.09mg (14.7%), Sodium: 301.58mg (13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Selenium: 25.29µg (36.13%), Vitamin B1: 0.44mg (29.19%), Vitamin B2: 0.47mg (27.4%), Manganese: 0.52mg (26.09%), Vitamin B3: 4.3mg (21.49%), Folate: 83.63µg (20.91%), Vitamin K: 18.67µg (17.78%), Fiber: 4.13g (16.54%), Iron: 2.71mg (15.06%), Phosphorus: 140.52mg (14.05%), Calcium: 101.57mg (10.16%), Vitamin A: 502.92IU (10.06%), Potassium: 290.98mg

(8.31%), Copper: 0.15mg (7.71%), Magnesium: 29.81mg (7.45%), Vitamin E: 1.06mg (7.07%), Zinc: 1.02mg (6.83%),
Vitamin C: 4.58mg (5.55%), Vitamin B6: 0.09mg (4.5%), Vitamin B12: 0.27µg (4.49%), Vitamin B5: 0.45mg (4.47%),
Vitamin D: 0.24µg (1.58%)