



## Asparagus, Potato & PHILLY Pizzeria Pizza

READY IN



68 min.

SERVINGS



8

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 lb asparagus spears fresh trimmed
- 3 oz philadelphia cream cheese
- 1 clove garlic minced
- 4 green onions divided thinly sliced
- 0.3 lb new potatoes
- 1 Tbsp olive oil
- 2 Tbsp parmesan cheese shredded kraft
- 0.3 recipe pizza dough recipe
- 0.8 cup mozzarella cheese shredded with a touch of philadelphia kraft

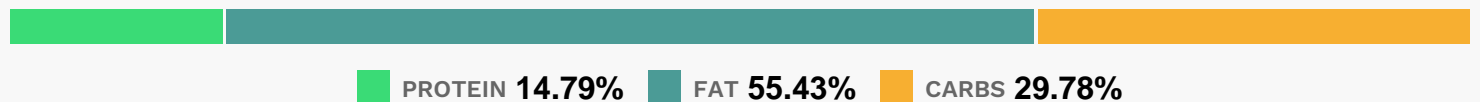
## Equipment

- oven
- pizza pan

## Directions

- Heat oven to 450F.
- Cook potatoes in boiling water 15 min. or just until tender. (Do not overcook.)
- Drain potatoes; rinse with cold water to cool completely.
- Drain potatoes again; cut into thin slices.
- Roll Perfect Parmesan Pizza Dough into 12-inch circle on lightly floured surface. Press onto bottom of 12-inch pizza pan sprayed with cooking spray, stretching dough as necessary to fit.
- Let stand 10 min. Meanwhile, mix garlic and oil.
- Spread pizza crust with half the garlic oil; top with half the onions and mozzarella. Toss asparagus with remaining garlic oil; spread over pizza. Top with potatoes, Parmesan and cream cheese, broken into pieces.
- Bake 15 to 18 min. or until crust is golden brown.
- Sprinkle with remaining onions.

## Nutrition Facts



## Properties

Glycemic Index:32.34, Glycemic Load:2.25, Inflammation Score:-3, Nutrition Score:4.6217391413191%

## Flavonoids

Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## Nutrients (% of daily need)

Calories: 135.37kcal (6.77%), Fat: 8.5g (13.07%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 9.32g (3.39%), Sugar: 1.8g (2%), Cholesterol: 19.88mg (6.63%), Sodium: 209.78mg (9.12%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin K: 20.13µg (19.17%), Calcium: 88.26mg (8.83%), Vitamin A: 390.82IU (7.82%), Phosphorus: 75.46mg (7.55%), Vitamin C: 4.83mg (5.86%), Vitamin B2: 0.09mg (5.18%), Iron: 0.92mg (5.09%), Selenium: 3.44µg (4.91%), Vitamin B12: 0.28µg (4.63%), Fiber: 0.96g (3.83%), Folate: 15.27µg (3.82%), Vitamin E: 0.56mg (3.74%), Potassium: 129.55mg (3.7%), Vitamin B6: 0.07mg (3.7%), Zinc: 0.54mg (3.6%), Manganese: 0.06mg (3.23%), Vitamin B1: 0.04mg (2.78%), Copper: 0.05mg (2.58%), Magnesium: 10.15mg (2.54%), Vitamin B3: 0.35mg (1.73%), Vitamin B5: 0.17mg (1.69%)