



Asparagus, Potato & PHILLY Pizzeria Pizza

READY IN



68 min.

SERVINGS



6

CALORIES



180 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

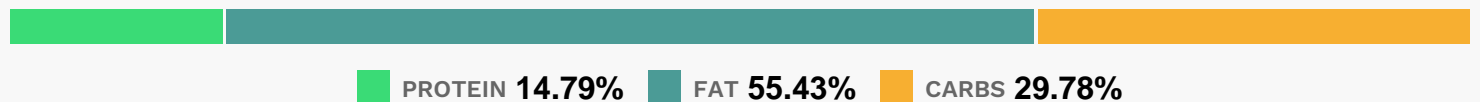
Equipment

- 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:43.13, Glycemic Load:3, Inflammation Score:-4, Nutrition Score:6.1613043779912%

Flavonoids

Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 180.49kcal (9.02%), Fat: 11.33g (17.43%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 12.43g (4.52%), Sugar: 2.39g (2.66%), Cholesterol: 26.51mg (8.84%), Sodium: 279.7mg (12.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin K: 26.84µg (25.56%), Calcium: 117.68mg (11.77%), Vitamin A: 521.09IU (10.42%), Phosphorus: 100.62mg (10.06%), Vitamin C: 6.44mg (7.81%), Vitamin B2: 0.12mg (6.91%), Iron: 1.22mg (6.79%), Selenium: 4.58µg (6.55%), Vitamin B12: 0.37µg (6.17%), Fiber: 1.28g (5.1%), Folate: 20.36µg (5.09%), Vitamin E: 0.75mg (4.99%), Potassium: 172.74mg (4.94%), Vitamin B6: 0.1mg (4.93%), Zinc: 0.72mg (4.8%), Manganese: 0.09mg (4.3%), Vitamin B1: 0.06mg (3.71%), Copper: 0.07mg (3.44%), Magnesium: 13.53mg (3.38%), Vitamin B3: 0.46mg (2.31%), Vitamin B5: 0.22mg (2.25%)