



Berry Breakfast Pizzas

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 cups poached berries fresh such as strawberries (sliced), raspberries, blackberries and blueberries
- ☐ 16.3 oz biscuits refrigerated canned
- ☐ 3 tablespoons sugar

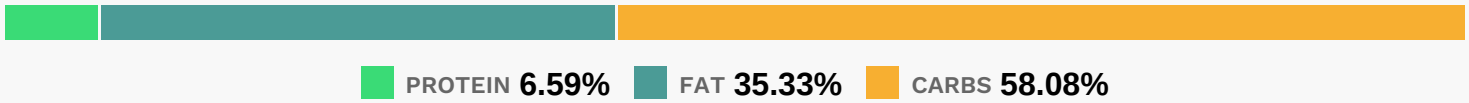
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 375F. Lightly grease 2 baking sheets, or line each with a sheet of parchment paper.
- ☐ Separate dough into 8 biscuits of equal size. Press each biscuit into a 5 1/2-inch round and place 4 on each baking sheet. Arrange berries on top, leaving a 3/4-inch border around fruit.
- ☐ Sprinkle sugar on each pizza and bake until dough becomes golden and fruit is bubbly, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:21.25, Inflammation Score:-4, Nutrition Score:8.3956521283025%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 243.64kcal (12.18%), Fat: 9.72g (14.96%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 33.3g (12.11%), Sugar: 8.26g (9.18%), Cholesterol: 0.58mg (0.19%), Sodium: 544.52mg (23.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Phosphorus: 256.3mg (25.63%), Manganese: 0.46mg (22.96%), Vitamin B1: 0.25mg (16.92%), Selenium: 11.03µg (15.76%), Folate: 49.43µg (12.36%), Iron: 2.13mg (11.84%), Vitamin B3: 2.17mg (10.84%), Fiber: 2.66g (10.64%), Vitamin B2: 0.18mg (10.52%), Vitamin C: 7.56mg (9.16%), Vitamin K: 9.5µg (9.04%), Vitamin E: 1.18mg (7.89%), Copper: 0.11mg (5.38%), Potassium: 187.8mg (5.37%), Magnesium: 17.02mg (4.25%), Calcium: 38.79mg (3.88%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.27mg (2.73%), Vitamin B6: 0.04mg (1.9%), Vitamin A: 78.2IU (1.56%), Vitamin B12: 0.08µg (1.35%)