



Blue Peach Pizza

READY IN



31 min.

SERVINGS



31

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cheese crumbles blue
- 3 oz philadelphia cream cheese softened
- 0.3 tsp kosher salt
- 0.5 tsp kosher salt
- 1 Tbsp juice of lemon
- 1 Tbsp maple syrup pure
- 0.5 cup peaches fresh diced
- 2 Tbsp onion red finely chopped
- 2 turkey sausage patties diced

1 12-inch tortillas whole wheat ()

Equipment

oven

Directions

Preheat oven to 400F.

Spray both sides of tortilla with cooking spray and sprinkle with 1/4 tsp. kosher salt.

Bake 4 min. on each side.

Saut diced sausage and onion over medium heat 7 to 8 min. or until sausage browns and onions are tender.

Mix cream cheese with lemon juice, maple syrup and 1/2 tsp. salt.

Spread cream cheese mixture on crispy tortilla shell, then sprinkle sausage mixture, diced peaches and blue cheese on top.

Place assembled pizza back in oven for about 5 min.

Nutrition Facts

 **PROTEIN 13.1%** **FAT 56.17%** **CARBS 30.73%**

Properties

Glycemic Index:5.99, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:0.67434782308081%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 35.56kcal (1.78%), Fat: 2.24g (3.44%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.91g (1.01%), Cholesterol: 5.56mg (1.85%), Sodium: 118.12mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Calcium: 16.21mg (1.62%), Vitamin B2: 0.02mg (1.35%), Fiber: 0.29g (1.18%), Phosphorus: 11.62mg (1.16%), Vitamin A: 55.35IU (1.11%)