



Cheesy Margherita Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil fresh
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- ☐ 6 oz pizza cheese shredded italian
- ☐ 2 teaspoons olive oil
- ☐ 3 medium plum tomatoes sliced (Roma)

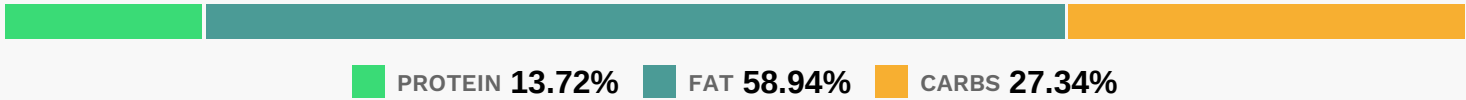
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Separate or cut dough into 2 long rectangles (if using crescent rolls, press perforations to seal).
- ☐ Place on ungreased cookie sheet; press into 12x8-inch rectangle.
- ☐ Brush with oil.
- ☐ Top with cheese and tomatoes.
- ☐ Bake at 375°F 12 to 15 minutes.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:1.8552173803682%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 240.82kcal (12.04%), Fat: 16.61g (25.56%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 16.95g (6.16%), Sugar: 4.6g (5.11%), Cholesterol: 5.67mg (1.89%), Sodium: 352.19mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.41%), Calcium: 60.99mg (6.1%), Vitamin A: 293.4IU (5.87%), Vitamin K: 6.02µg (5.73%), Vitamin C: 4.37mg (5.29%), Iron: 0.59mg (3.27%), Vitamin E: 0.36mg (2.43%), Potassium: 75.45mg (2.16%), Manganese: 0.04mg (2.15%), Fiber: 0.38g (1.53%), Vitamin B6: 0.03mg (1.29%), Folate: 5.1µg (1.28%), Copper: 0.02mg (1.04%)