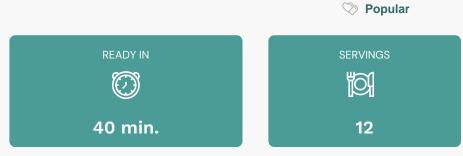


Cherry Cream Pizza with Tuxedo Topping





ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

3 cups all-bran cereal
0.5 cup butter melted
O.3 cup sugar
1 teaspoon vanilla
8 oz weight cream cheese fat-free softened
O.3 cup sugar
O.8 teaspoon almond extract
21 oz cherry pie filling canned

	0.3 cup baker's chocolate chopped	
	0.3 cup chocolate white chopped	
- -		
Equipment		
	food processor	
	bowl	
	oven	
	pizza pan	
	hand mixer	
	ziploc bags	
	microwave	
	rolling pin	
	meat tenderizer	
Di	rections	
	Heat oven to 375°F. Spray 12-inch pizza pan with cooking spray.	
	Place cereal in resealable food-storage plastic bag; seal bag and crush cereal with rolling pin or meat mallet (or crush in food processor).	
	In medium bowl, mix cereal, melted butter, 1/4 cup sugar and the vanilla. Press evenly on bottom and 1/2 inch up side of pizza pan.	
	Bake 10 minutes.	
	Just before serving, in medium bowl, beat cream cheese, 1/3 cup sugar and the almond extract with electric mixer on medium speed until smooth.	
	Spread evenly over cereal mixture.	
	Spread with pie filling.	
	In small microwavable bowl, microwave semisweet chocolate on High about 1 minute or until chocolate can be stirred smooth. In another small bowl, repeat with white chocolate.	
	Drizzle chocolates over filling; cool slightly.	
	Cut into wedges.	

Nutrition Facts

Properties

Glycemic Index:21.24, Glycemic Load:11.03, Inflammation Score:-8, Nutrition Score:22.234783068947%

Flavonoids

Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg

Nutrients (% of daily need)

Calories: 252.76kcal (12.64%), Fat: 10.95g (16.85%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 33.83g (12.3%), Sugar: 14.89g (16.55%), Cholesterol: 2.85mg (0.95%), Sodium: 274.07mg (11.92%), Alcohol: 0.2g (100%), Alcohol %: 0.23% (100%), Protein: 5.78g (11.57%), Vitamin B6: 1.89mg (94.55%), Manganese: 1.28mg (64.16%), Folate: 212.71µg (53.18%), Vitamin B12: 3.12µg (51.97%), Phosphorus: 302.59mg (30.26%), Vitamin B2: 0.49mg (29.09%), Vitamin B1: 0.38mg (25.24%), Fiber: 5.3g (21.2%), Iron: 3.37mg (18.74%), Magnesium: 73.42mg (18.35%), Zinc: 2.52mg (16.78%), Copper: 0.3mg (14.97%), Vitamin A: 721.66IU (14.43%), Calcium: 143.34mg (14.33%), Vitamin B3: 2.47mg (12.35%), Potassium: 298.45mg (8.53%), Vitamin C: 4.92mg (5.96%), Vitamin D: 0.67µg (4.44%), Selenium: 2.99µg (4.27%), Vitamin B5: 0.38mg (3.84%), Vitamin E: 0.52mg (3.46%), Vitamin K: 1.36µg (1.3%)