



 **53%**
HEALTH SCORE

Cherry Cream Pizza with Tuxedo Topping

READY IN



40 min.

SERVINGS



12

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups all-bran cereal
- 0.8 teaspoon almond extract
- 0.3 cup chocolate white chopped
- 0.3 cup baker's chocolate chopped
- 0.5 cup butter melted
- 21 oz cherry pie filling canned
- 8 oz weight cream cheese fat-free softened
- 0.3 cup sugar
- 0.3 cup sugar

- 1 teaspoon vanilla

Equipment

- food processor
- bowl
- oven
- pizza pan
- hand mixer
- ziploc bags
- microwave
- rolling pin
- meat tenderizer

Directions

- Heat oven to 375F. 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



■ PROTEIN 8.31% ■ FAT 35.42% ■ CARBS 56.27%

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%)