



Chilly Garden Pizza

READY IN



15 min.

SERVINGS



16

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup carrots shredded
- 0.8 cup cucumber diced seeded
- 1 tablespoon basil fresh chopped
- 0.5 cup mushrooms fresh sliced
- 6.5 oz alouette garlic & herbs spreadable cheese
- 0.1 teaspoon pepper
- 10 oz uncook pizza crust italian thin (12 inch)
- 0.3 teaspoon salt
- 1 cup pkt spinach fresh chopped

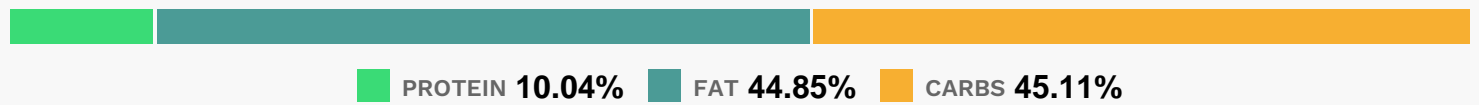
1 cup tomatoes chopped

Equipment

Directions

- Spread cheese over pizza crust.
- Top with spinach, cucumber, tomato, mushrooms and basil.
- Sprinkle with salt and pepper. Top with carrots.

Nutrition Facts



Properties

Glycemic Index:16.61, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:3.1752173989687%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 95.24kcal (4.76%), Fat: 4.88g (7.5%), Saturated Fat: 2.66g (16.66%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.31g (3.75%), Sugar: 1.05g (1.16%), Cholesterol: 12.52mg (4.17%), Sodium: 200.64mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Vitamin A: 1601.04IU (32.02%), Vitamin K: 11.84µg (11.28%), Iron: 0.62mg (3.42%), Vitamin C: 2.56mg (3.1%), Fiber: 0.72g (2.9%), Manganese: 0.05mg (2.42%), Calcium: 22.81mg (2.28%), Potassium: 76.74mg (2.19%), Folate: 8.02µg (2.01%), Vitamin B6: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.39%), Copper: 0.03mg (1.31%), Vitamin B3: 0.26mg (1.3%), Magnesium: 4.59mg (1.15%)