



Cool Veggie Pizza

READY IN



90 min.

SERVINGS



10

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream cheese softened
- 10 ounce crescent roll dough refrigerated canned
- 1 teaspoon dill weed dried
- 0.5 tablespoon mayonnaise

Equipment

- bowl
- frying pan
- oven

pizza cutter

pizza stone

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a lightly greased 9x13 inch pan or 13 inch round pizza stone, arrange the crescent roll dough in a single layer. Pinch together the edges of the dough.

Bake for 12 minutes, or until it becomes a golden brown crust.

Remove the crust from the oven and allow it to cool.

In a medium bowl, mix together the cream cheese, mayonnaise and dill. Evenly spread the cream cheese mixture on the crust.

Sprinkle toppings on top of the cream cheese spread. Refrigerate for 30 minutes to allow the spread to thicken.

Cut the chilled pizza into wedges or squares with a pizza cutter to serve.

Nutrition Facts

PROTEIN 5.62% FAT 73.85% CARBS 20.53%

Properties

Glycemic Index:7.7, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:2.3465217336526%

Nutrients (% of daily need)

Calories: 262.99kcal (13.15%), Fat: 22.23g (34.19%), Saturated Fat: 11.8g (73.73%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 13.89g (5.05%), Sugar: 4.54g (5.05%), Cholesterol: 46.11mg (15.37%), Sodium: 369.62mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin A: 615.48IU (12.31%), Vitamin B2: 0.1mg (6.16%), Selenium: 3.92µg (5.6%), Phosphorus: 49.22mg (4.92%), Calcium: 45.84mg (4.58%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.26mg (2.6%), Iron: 0.46mg (2.54%), Vitamin K: 2.09µg (1.99%), Potassium: 63.32mg (1.81%), Vitamin B12: 0.1µg (1.68%), Zinc: 0.23mg (1.54%), Vitamin B6: 0.03mg (1.36%), Magnesium: 4.54mg (1.14%), Folate: 4.12µg (1.03%)