

Dessert Pizza

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



1473 kcal

Ingredients

- 0.5 cup banana sliced
- 0.5 cup grapes seedless halved
- 0.5 cup pineapple crushed drained
- 18 ounce sugar cookie dough refrigerated
- 0.5 cup strawberries fresh sliced
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

- frying pan
- oven

wire rack

pizza pan

Directions

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

Press cookie dough evenly into a 12 inch pizza pan.

Bake in preheated oven for 15 to 20 minutes, until golden brown. Cool in pan on wire rack.

Spread whipped topping over cooled crust. Arrange fruit in a decorative pattern. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:70.39, Glycemic Load:7.95, Inflammation Score:-5, Nutrition Score:21.9660869474%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 1472.88kcal (73.64%), Fat: 64.91g (99.87%), Saturated Fat: 26.74g (167.13%), Carbohydrates: 210.31g (70.1%), Net Carbohydrates: 205.21g (74.62%), Sugar: 140.54g (156.15%), Cholesterol: 30.33mg (10.11%), Sodium: 826.2mg (35.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.66%), Phosphorus: 543.69mg (54.37%), Manganese: 1.05mg (52.64%), Folate: 184µg (46%), Vitamin B1: 0.65mg (43.49%), Vitamin C: 31.2mg

(37.82%), Vitamin B3: 6.89mg (34.47%), Vitamin K: 32.99µg (31.42%), Iron: 5.38mg (29.89%), Vitamin B2: 0.49mg (28.68%), Potassium: 824.37mg (23.55%), Fiber: 5.1g (20.4%), Selenium: 11.42µg (16.32%), Vitamin B6: 0.3mg (15.13%), Copper: 0.26mg (13.18%), Magnesium: 52.12mg (13.03%), Calcium: 121.8mg (12.18%), Vitamin E: 1.28mg (8.51%), Vitamin B5: 0.82mg (8.17%), Zinc: 0.92mg (6.12%), Vitamin A: 261.13IU (5.22%), Vitamin B12: 0.28µg (4.63%)