



## Easy Crescent Veggie Pizza

READY IN



70 min.

SERVINGS



32

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup broccoli florets fresh
- 0.3 cup carrots shredded
- 8 oz cream cheese softened
- 16 oz regular crescent rolls refrigerated canned
- 0.3 cup cucumber quartered
- 1 teaspoon dill dried
- 0.1 teaspoon garlic powder
- 1 plum tomatoes seeded chopped (Roma)
- 0.5 cup cream sour

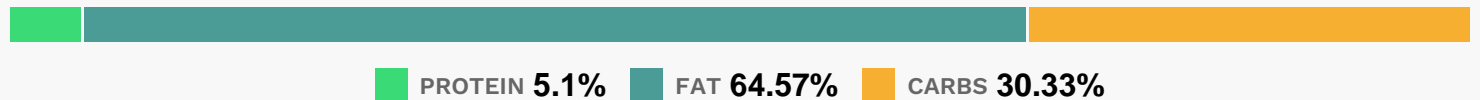
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 375F.
- If using crescent rolls: Unroll both cans of dough; separate dough into 4 long rectangles. In ungreased 15x10x1-inch pan, place dough; press in bottom and up sides to form crust. If using dough sheets: Unroll both cans of dough. In ungreased 15x10x1-inch pan, place dough; press in bottom and up sides to form crust.
- Bake 13 to 17 minutes or until golden brown. Cool completely, about 30 minutes.
- In small bowl, mix cream cheese, sour cream, dill and garlic powder until smooth.
- Spread over crust. Top with vegetables.
- Serve immediately, or cover and refrigerate 1 to 2 hours before serving.
- Cut into 8 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:5.12, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:1.0039130442816%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 83.06kcal (4.15%), Fat: 6.2g (9.54%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 6.45g (2.34%), Sugar: 1.95g (2.16%), Cholesterol: 9.28mg (3.09%), Sodium: 136mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin A: 312.46IU (6.25%), Vitamin C: 1.69mg (2.04%),

Vitamin K: 2.04µg (1.94%), Vitamin B2: 0.03mg (1.49%), Phosphorus: 12.58mg (1.26%), Iron: 0.23mg (1.26%), Calcium: 12.46mg (1.25%), Selenium: 0.78µg (1.12%)