



Easy Fruit Pizza

READY IN



26 min.

SERVINGS



12

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blueberries
- 1 Tbsp butter melted
- 2 cups philadelphia ready-to-eat cheesecake filling
- 0.5 tsp cinnamon sugar
- 1 unbaked pizza crust
- 12 strawberries fresh cut in half

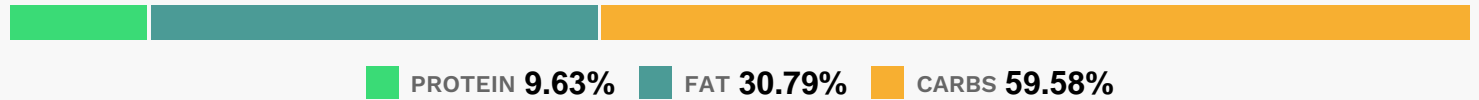
Equipment

- oven

Directions

- Heat oven to 375F.
- Brush crust with butter; sprinkle with cinnamon sugar.
- Bake 5 to 6 min. or until golden brown; cool 10 min.
- Spread cheesecake filling onto crust. Arrange berries over filling.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:2.2095651862252%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 3.9mg, Petunidin: 3.9mg, Petunidin: 3.9mg, Petunidin: 3.9mg Delphinidin: 4.41mg, Delphinidin: 4.41mg, Delphinidin: 4.41mg, Delphinidin: 4.41mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 218.07kcal (10.9%), Fat: 7.54g (11.6%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 31.06g (11.29%), Sugar: 2.49g (2.77%), Cholesterol: 13.98mg (4.66%), Sodium: 332.69mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Iron: 2.16mg (12.03%), Vitamin C: 8.65mg (10.48%), Fiber: 1.78g (7.13%), Manganese: 0.09mg (4.39%), Calcium: 39.65mg (3.96%), Potassium: 111.34mg (3.18%), Vitamin K: 2.73µg (2.6%)