



Easy Vegetable Alfredo Pizza

READY IN



29 min.

SERVINGS



29

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups baby spinach leaves
- 0.7 cup philadelphia cream cheese spread
- 2 cups mushrooms fresh sliced
- 0.5 tsp penzey's southwest seasoning dried italian
- 1 Tbsp milk
- 1 Tbsp oil divided
- 1 ready-to-use baked pizza crust
- 0.5 bell pepper red cut into strips
- 1.5 cups mozzarella cheese shredded with a touch of philadelphia kraft

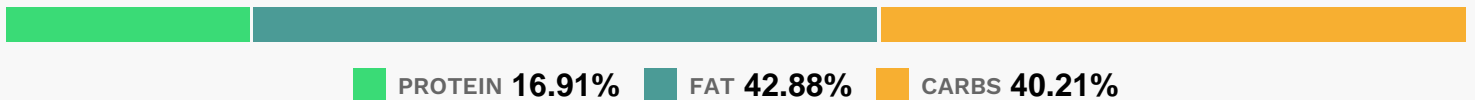
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 450F.
- Mix cream cheese spread, milk and seasoning until blended. Meanwhile, heat 2 tsp. oil in large skillet on medium-high heat.
- Add mushrooms and peppers; cook 4 to 5 min. or until crisp-tender, stirring occasionally.
- Add spinach; stir. Cook 1 min. or just until wilted.
- Remove from heat.
- Place pizza crust on baking sheet; spread with cream cheese mixture. Top with 1/2 cup cheese, cooked vegetables and remaining cheese.
- Brush edge of crust with remaining oil.
- Bake 12 to 14 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:5.72, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:2.7852173952953%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 74.93kcal (3.75%), Fat: 3.59g (5.52%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 7.17g (2.61%), Sugar: 0.68g (0.76%), Cholesterol: 7.87mg (2.62%), Sodium: 136.02mg (5.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin K: 15.76µg (15.01%), Vitamin A: 445.35IU

(8.91%), Calcium: 52.48mg (5.25%), Vitamin C: 3.64mg (4.41%), Vitamin B2: 0.05mg (3.03%), Iron: 0.53mg (2.97%), Phosphorus: 28.82mg (2.88%), Selenium: 1.64µg (2.35%), Vitamin B12: 0.14µg (2.29%), Folate: 8.57µg (2.14%), Manganese: 0.04mg (1.83%), Fiber: 0.4g (1.59%), Zinc: 0.23mg (1.52%), Vitamin B3: 0.29mg (1.45%), Potassium: 48.27mg (1.38%), Vitamin E: 0.2mg (1.32%), Copper: 0.03mg (1.31%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.6mg (1.15%), Vitamin B6: 0.02mg (1.08%)