



Easy Veggie Pizza

READY IN



40 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 crescent dinner rolls) crescent recipe flaky dough refrigerated pillsbury® canned
- ☐ 0.3 cup cucumber quartered
- ☐ 1 teaspoon dill weed dried
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 plum tomatoes seeded chopped (Roma)
- ☐ 0.5 cup cup heavy whipping cream sour

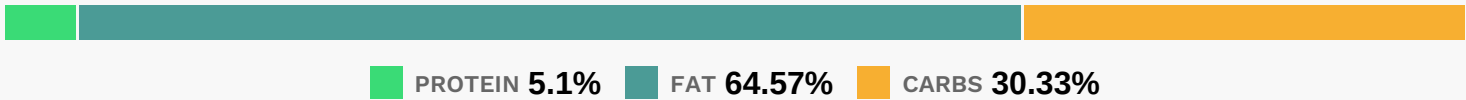
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F. High Altitude (3500–6500 ft): No change.
- ☐ 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%), Iron: 0.23mg (1.26%), Phosphorus: 12.58mg (1.26%), Calcium: 12.46mg (1.25%), Selenium: 0.78µg (1.12%)