



Easy Veggie Pizza

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



32

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup broccoli florets fresh
- 0.3 cup carrots shredded
- 8 ounce cream cheese softened
- 0.3 cup cucumber quartered
- 1 teaspoon dill dried
- 0.1 teaspoon garlic powder
- 1 roma tomatoes seeded chopped (plum)
- 0.5 cup cream sour

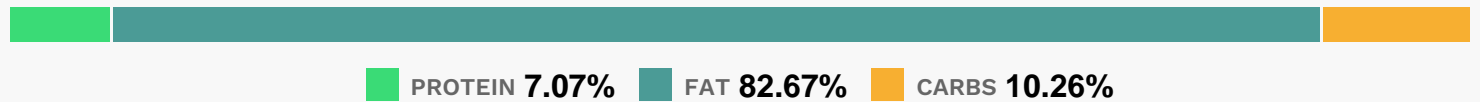
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375 degrees F.
- If using crescent rolls: Unroll both cans of dough; separate dough into 4 long rectangles. 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:0.96086956690187%

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: 33.45kcal (1.67%), Fat: 3.15g (4.85%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.53g (0.59%), Cholesterol: 9.28mg (3.09%), Sodium: 24.72mg (1.07%), Alcohol: 0g (100%), Protein: 0.61g (1.21%), 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%), Calcium: 12.46mg (1.25%), Selenium:

0.78µg (1.12%)