



Family-Style Pizza Night

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby carrots
- 4 servings base recipe
- 0.5 cup cherry tomatoes halved
- 1 rising-crust four-cheese pizza frozen
- 0.3 cup lite ranch dressing kraft
- 2 Tbsp roasted pepper dressing red italian kraft
- 3 cups torn salad greens
- 1 T adult variation

- 4 servings kid variation
- 1 T adul variation
- 4 servings kid variation

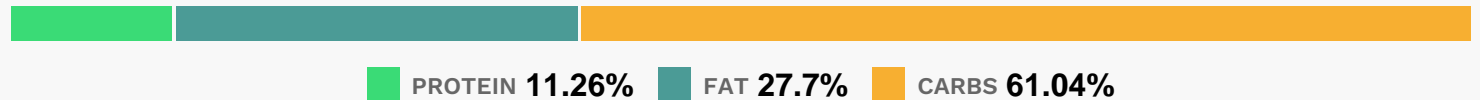
Equipment

- oven

Directions

- Bake pizza as directed on package.
- Cut 2/3 of pizza into 12 thin wedges; cut each wedge crosswise in half.
- Serve as dippers with carrots along with the dressing. Makes 4 kid servings.
- Toss salad greens with tomatoes and dressing.
- Cut remaining pizza into 2 large wedges. Top with salad. Makes 2 adult servings.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:11.333478286538%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 368.08kcal (18.4%), Fat: 11.36g (17.47%), Saturated Fat: 3.34g (20.84%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 52.75g (19.18%), Sugar: 5.85g (6.5%), Cholesterol: 3.94mg (1.31%), Sodium: 1061.08mg (46.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.78%), Vitamin A: 9301.61IU (186.03%), Vitamin K: 26.64µg (25.37%), Iron: 3.7mg (20.58%), Vitamin C: 16.31mg (19.77%), Fiber: 3.57g (14.28%), Calcium: 124.25mg (12.42%), Manganese: 0.18mg (9.11%), Folate: 32.9µg (8.23%), Potassium: 268.3mg (7.67%), Phosphorus: 66.46mg (6.65%), Vitamin B6: 0.13mg (6.28%), Copper: 0.11mg (5.27%), Vitamin B5: 0.44mg (4.42%), Vitamin B2: 0.06mg (3.52%), Vitamin B3: 0.7mg (3.51%), Magnesium: 13.44mg (3.36%), Vitamin E: 0.44mg (2.92%), Vitamin B1: 0.04mg (2.73%), Selenium: 1.61µg (2.3%), Zinc: 0.24mg (1.59%)