



Festive Pizza Appetizers

READY IN



15 min.

SERVINGS



60

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounces uncook pizza crust ready-to-serve (12 to 14 inches in diameter)
- ☐ 2 cups savory vegetable fresh chopped
- ☐ 2 ounces cheddar cheese shredded finely
- ☐ 8 ounces pkt spinach

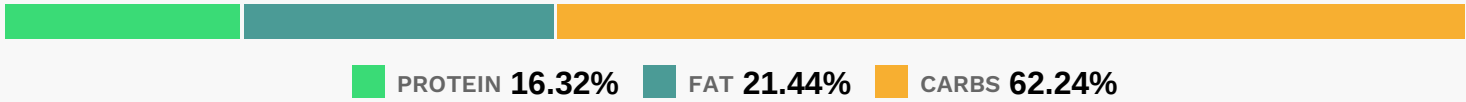
Equipment

Directions

- ☐ Spread dill dip over pizza crust within 1/2 inch of edge.

- ☐ Sprinkle with vegetables and cheese.
- ☐ Cut into 1 1/2-inch diamond shapes.

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:2.2547825791914%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 29.22kcal (1.46%), Fat: 0.71g (1.09%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4.2g (1.53%), Sugar: 0.13g (0.15%), Cholesterol: 0.94mg (0.31%), Sodium: 52.11mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin K: 18.28µg (17.41%), Vitamin A: 671.98IU (13.44%), Manganese: 0.05mg (2.44%), Folate: 9.29µg (2.32%), Vitamin C: 1.69mg (2.05%), Iron: 0.37mg (2.04%), Calcium: 18.81mg (1.88%), Fiber: 0.44g (1.76%), Magnesium: 4.7mg (1.17%)