



Fresh-Fruit Pizza with Lemon Curd

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups blackberries
- ☐ 0.8 cup lemon curd
- ☐ 1 plum sliced
- ☐ 2 cups raspberries fresh
- ☐ 2 tablespoons raspberry jam seedless melted
- ☐ 18 ounce sugar cookie dough refrigerated
- ☐ 1 cup strawberries sliced
- ☐ 2 teaspoons sugar

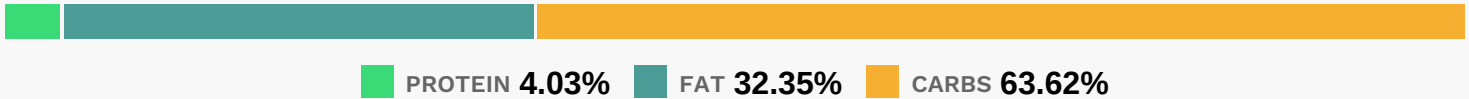
Equipment

- ☐ oven
- ☐ wire rack
- ☐ pizza pan
- ☐ broiler

Directions

- ☐ Preheat oven to 35
- ☐ Press dough into a 12-inch pizza pan coated with cooking spray.
- ☐ Bake at 350 for 12 minutes or until golden brown. Cool completely on a wire rack.
- ☐ Preheat broiler.
- ☐ Spread jam over crust.
- ☐ Spread Lemon Curd over jam; arrange raspberries, blackberries, strawberry slices, and plum slices on top.
- ☐ Sprinkle sugar over fruit; broil 3 minutes.

Nutrition Facts



Properties

Glycemic Index:21.23, Glycemic Load:2.73, Inflammation Score:-3, Nutrition Score:6.1434782957253%

Flavonoids

Cyanidin: 33.65mg, Cyanidin: 33.65mg, Cyanidin: 33.65mg, Cyanidin: 33.65mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 3.29mg, Pelargonidin: 3.29mg, Pelargonidin: 3.29mg, Pelargonidin: 3.29mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 9.69mg, Catechin: 9.69mg, Catechin: 9.69mg, Catechin: 9.69mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 271.65kcal (13.58%), Fat: 9.89g (15.21%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 40.41g (14.69%), Sugar: 29.47g (32.74%), Cholesterol: 4.68mg (1.56%), Sodium: 167.75mg (7.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Manganese: 0.47mg (23.53%), Vitamin C: 18.15mg (22%), Fiber: 3.34g (13.35%), Vitamin K: 10.67µg (10.16%), Folate: 40.51µg (10.13%), Phosphorus: 87.34mg (8.73%), Vitamin B1: 0.1mg (6.89%), Vitamin B3: 1.37mg (6.85%), Iron: 1.15mg (6.38%), Potassium: 161.17mg (4.6%), Copper: 0.09mg (4.28%), Vitamin B2: 0.07mg (4.26%), Vitamin E: 0.59mg (3.92%), Magnesium: 14.26mg (3.56%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.34mg (2.25%), Selenium: 1.57µg (2.25%), Vitamin A: 94.11IU (1.88%), Calcium: 18.29mg (1.83%), Vitamin B6: 0.03mg (1.71%)