



Fruit Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



507 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces blueberries fresh
- 0.5 cup chocolate syrup
- 1 cup confectioners' sugar
- 8 ounces cream cheese softened
- 1 large apples green sliced
- 1 large cranberry-orange relish
- 1 large peaches sliced
- 6 ounces raspberries fresh
- 0.5 pint strawberries fresh sliced

- 1 package sugar cookie dough store bought
- 0.5 cup chocolate chips white melted

Equipment

- bowl
- oven
- pizza pan

Directions

- Preheat oven to 350 degrees F.
- Flatten cookie dough onto a 6-inch pizza pan.
- Bake until firm to touch, about 11 to 15 minutes. Cool. In a medium bowl, blend cream cheese and sugar.
- Spread the baked cookie with the cream cheese mixture and decorate with sliced fruit. In a small bowl, combine melted white chocolate with chocolate syrup. Top the pizza with remaining berries and chocolate mixture. Slice and serve immediately.

Nutrition Facts



PROTEIN 4.2% **FAT 37.39%** **CARBS 58.41%**

Properties

Glycemic Index:39.72, Glycemic Load:9.76, Inflammation Score:-6, Nutrition Score:11.134347801623%

Flavonoids

Cyanidin: 12.88mg, Cyanidin: 12.88mg, Cyanidin: 12.88mg, Cyanidin: 12.88mg Petunidin: 6.8mg, Petunidin: 6.8mg, Petunidin: 6.8mg, Petunidin: 6.8mg Delphinidin: 7.91mg, Delphinidin: 7.91mg, Delphinidin: 7.91mg, Delphinidin: 7.91mg Malvidin: 14.4mg, Malvidin: 14.4mg, Malvidin: 14.4mg, Malvidin: 14.4mg Pelargonidin: 7.56mg, Pelargonidin: 7.56mg, Pelargonidin: 7.56mg, Pelargonidin: 7.56mg Peonidin: 4.36mg, Peonidin: 4.36mg, Peonidin: 4.36mg, Peonidin: 4.36mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg Naringenin: 3.6mg,

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Nutrients (% of daily need)

Calories: 507.15kcal (25.36%), Fat: 21.58g (33.2%), Saturated Fat: 10.15g (63.42%), Carbohydrates: 75.86g (25.28%), Net Carbohydrates: 70.96g (25.8%), Sugar: 57.26g (63.63%), Cholesterol: 35.27mg (11.76%), Sodium: 229.91mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin C: 39.53mg (47.92%), Manganese: 0.55mg (27.64%), Fiber: 4.89g (19.57%), Phosphorus: 166.93mg (16.69%), Folate: 50.09µg (12.52%), Vitamin K: 12.82µg (12.21%), Vitamin B2: 0.2mg (11.95%), Vitamin A: 558.65IU (11.17%), Potassium: 360.91mg (10.31%), Copper: 0.2mg (10.18%), Vitamin B1: 0.15mg (9.78%), Iron: 1.64mg (9.11%), Vitamin B3: 1.7mg (8.52%), Magnesium: 34.05mg (8.51%), Calcium: 78.84mg (7.88%), Selenium: 5.26µg (7.51%), Vitamin E: 1.07mg (7.15%), Vitamin B5: 0.57mg (5.69%), Vitamin B6: 0.1mg (4.9%), Zinc: 0.7mg (4.66%), Vitamin B12: 0.13µg (2.22%)