



Fruit Pizza Even Better

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 cup blueberries fresh
- ☐ 1 cup butter cold
- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 tablespoons cornstarch
- ☐ 8 ounce cream cheese softened
- ☐ 2 cups flour all-purpose

- ☐ 1 kiwi fruit peeled sliced
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup pineapple juice unsweetened
- ☐ 2 cups strawberries fresh halved
- ☐ 2 cups strawberries fresh sliced
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

Equipment

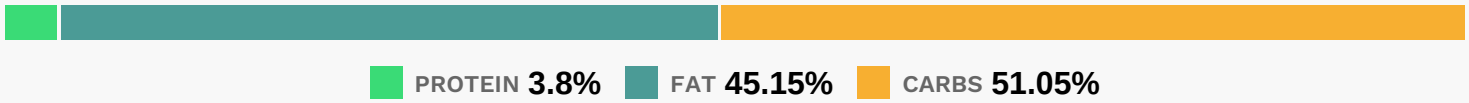
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ pizza pan
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly spray a 12-inch round pizza pan with butter-flavored cooking spray.
- ☐ Combine flour and confectioners' sugar in a bowl.
- ☐ Cut in butter with a knife or pastry blender until the mixture resembles coarse crumbs. Press into prepared pizza pan to make a crust.
- ☐ Bake in preheated oven until very lightly browned, 12 to 15 minutes. Cool on a wire rack.
- ☐ Beat cream cheese, 1/3 cup white sugar, and almond extract until smooth; spread over completely cooled crust. Arrange strawberries, blueberries, and kiwi decoratively over cream cheese mixture.

Mix pineapple juice, 1/2 cup white sugar, cornstarch, and lemon juice in a saucepan until smooth; bring to a boil. Cook and stir until thickened, about 2 minutes. Cool slightly and drizzle over fruit. Refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:22.93, Inflammation Score:-6, Nutrition Score:7.6730434868647%

Flavonoids

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Nutrients (% of daily need)

Calories: 327.6kcal (16.38%), Fat: 16.78g (25.81%), Saturated Fat: 10.19g (63.7%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 40.88g (14.87%), Sugar: 27.23g (30.25%), Cholesterol: 44.82mg (14.94%), Sodium: 138.43mg (6.02%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 3.18g (6.36%), Vitamin C: 34.52mg (41.84%), Manganese: 0.36mg (18.03%), Vitamin A: 815.64IU (16.31%), Folate: 44.66µg (11.17%), Vitamin B1: 0.17mg (11.07%), Selenium: 7.07µg (10.09%), Vitamin B2: 0.14mg (8.31%), Fiber: 1.81g (7.23%), Vitamin B3: 1.26mg (6.29%), Vitamin K: 6.25µg (5.95%), Iron: 1.05mg (5.81%), Phosphorus: 50.64mg (5.06%), Vitamin E: 0.72mg (4.83%), Potassium: 159.48mg (4.56%), Magnesium: 15.16mg (3.79%), Copper: 0.08mg (3.79%), Calcium: 32.36mg (3.24%), Vitamin B6: 0.06mg (3.19%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.24mg (2.41%)