

## Fruit Pizza III

READY IN



50 min.

SERVINGS



10

CALORIES



613 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups blueberries fresh
- 1 cup butter
- 0.8 cup confectioners' sugar
- 1.4 cups cream cheese softened
- 4 cups flour all-purpose
- 2 cups strawberries fresh sliced
- 2 teaspoons vanilla extract
- 12 ounce non-dairy whipped topping frozen thawed
- 0.3 cup sugar white

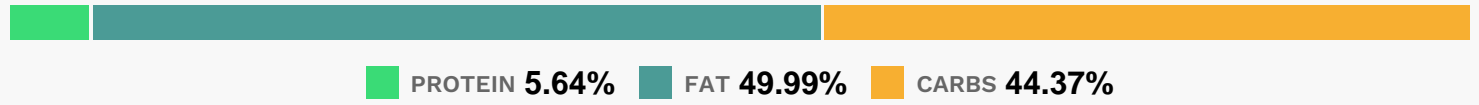
# Equipment

- bowl
- oven
- pizza pan

# Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 12-inch pizza pan.
- To Make Crust: In a large bowl, mix together flour, butter and sugar; dough should be dry.
- Spread into pizza pan.
- Bake in preheated oven for 10 minutes, or until brown. Allow to cool completely.
- To Make Filling: In a large bowl, beat cream cheese, sugar and vanilla until fluffy. Fold in whipped topping.
- Spread into cooled crust. Top with fruit.

# Nutrition Facts



# Properties

Glycemic Index:30.21, Glycemic Load:33.65, Inflammation Score:-7, Nutrition Score:12.673913157505%

# Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg

Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg Gallocatechin: 0.04mg,  
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## **Nutrients (% of daily need)**

Calories: 612.86kcal (30.64%), Fat: 34.29g (52.76%), Saturated Fat: 21.91g (136.92%), Carbohydrates: 68.49g (22.83%), Net Carbohydrates: 65.85g (23.95%), Sugar: 27.6g (30.67%), Cholesterol: 81.01mg (27%), Sodium: 270.35mg (11.75%), Alcohol: 0.28g (100%), Alcohol %: 0.17% (100%), Protein: 8.71g (17.42%), Selenium: 20.91µg (29.87%), Vitamin B1: 0.43mg (28.37%), Manganese: 0.56mg (27.87%), Folate: 104.7µg (26.17%), Vitamin C: 19.81mg (24.01%), Vitamin B2: 0.38mg (22.3%), Vitamin A: 1031.07IU (20.62%), Vitamin B3: 3.26mg (16.31%), Iron: 2.6mg (14.46%), Phosphorus: 128.53mg (12.85%), Fiber: 2.64g (10.55%), Vitamin K: 9.83µg (9.36%), Vitamin E: 1.25mg (8.32%), Calcium: 73.99mg (7.4%), Potassium: 202.83mg (5.8%), Copper: 0.11mg (5.66%), Magnesium: 22.26mg (5.57%), Vitamin B5: 0.49mg (4.95%), Zinc: 0.65mg (4.34%), Vitamin B6: 0.08mg (3.8%), Vitamin B12: 0.18µg (2.92%)