



Fruit Pizza Puff

 Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups strawberries fresh assorted sliced (strawberries, kiwis, raspberries and/or blueberries)
- 3.4 ounce vanilla pudding instant
- 2 cups milk
- 17.3 ounce puff pastry

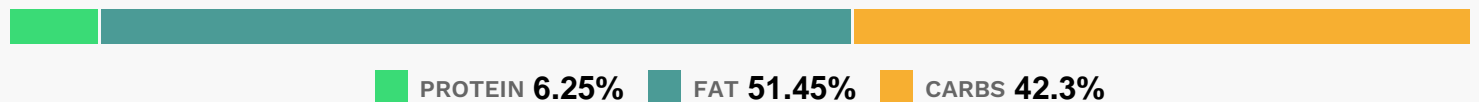
Equipment

- baking sheet
- oven
- pizza pan

Directions

- Thaw the pastry sheets at room temperature for 40 minutes or until they're easy to handle.
- Heat the oven to 400 degrees F.
- Unfold the pastry sheets on a lightly floured surface.
- Roll each sheet into a 12-inch square.
- Cut off the corners to make a circle. Gently press the dough with lightly floured fingers into a 12-inch circle.
- Place each pastry round on an ungreased baking sheet or pizza pan. Prick the pastry rounds all over with a fork.
- Bake for 20 minutes or until golden.
- Remove the pastries from the baking sheets and cool them on wire racks.
- Prepare the pudding mix using the milk according to the package directions. Spoon 1 cup of the pudding onto each crust and spread to within 1/2-inch of the edges. Arrange the fruit over the pudding.
- Cut each pizza into 8 wedges and serve immediately, or cover and refrigerate the pizzas for up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:8.84, Inflammation Score:-3, Nutrition Score:5.8534783021263%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 221.55kcal (11.08%), Fat: 12.79g (19.67%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.43g (8.16%), Sugar: 8.23g (9.15%), Cholesterol: 3.66mg (1.22%), Sodium: 126.53mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Vitamin C: 21.17mg (25.66%), Manganese: 0.29mg (14.51%), Selenium: 8.2µg (11.71%), Vitamin B1: 0.15mg (9.85%), Folate: 32.55µg (8.14%), Vitamin B2: 0.14mg (8.09%), Vitamin B3: 1.45mg (7.24%), Phosphorus: 57.96mg (5.8%), Vitamin K: 5.82µg (5.54%), Iron: 0.94mg (5.21%), Fiber: 1.22g (4.86%), Calcium: 46.64mg (4.66%), Potassium: 120.73mg (3.45%), Magnesium: 13.24mg (3.31%), Vitamin B12: 0.16µg (2.74%), Copper: 0.05mg (2.69%), Zinc: 0.34mg (2.26%), Vitamin D: 0.34µg (2.24%), Vitamin B6: 0.04mg (2.1%), Vitamin E: 0.29mg (1.9%), Vitamin B5: 0.16mg (1.59%), Vitamin A: 54.04IU (1.08%)