



## Funny Face Mini Veggie Pizza

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 romano beans whole wheat thin
- 2 tablespoons approx cream cheese spread (from 8-oz container)
- 1 serving broccoli florets fresh such as broccoli florets, carrot slices, cucumber slices, green beans, lettuce, bell pepper slices and tomatoes, as desired

### Equipment

### Directions

- Spread sandwich thin with cream cheese spread.
- Arrange fresh vegetables on cream cheese to create funny face.

## Nutrition Facts

**PROTEIN 11.23%** **FAT 71.53%** **CARBS 17.24%**

### Properties

Glycemic Index:78, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:2.2926086861154%

### Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

### Nutrients (% of daily need)

Calories: 87.45kcal (4.37%), Fat: 6.99g (10.76%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.09g (1.12%), Sugar: 1.82g (2.03%), Cholesterol: 19.84mg (6.61%), Sodium: 150.31mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin K: 11.77µg (11.21%), Vitamin A: 482.73IU (9.65%), Calcium: 48.12mg (4.81%), Vitamin C: 3.94mg (4.78%), Manganese: 0.06mg (2.81%), Fiber: 0.7g (2.8%), Folate: 8.88µg (2.22%), Vitamin B6: 0.04mg (1.85%), Magnesium: 6.46mg (1.62%), Potassium: 55.91mg (1.6%), Vitamin B2: 0.03mg (1.6%), Iron: 0.26mg (1.47%), Vitamin B1: 0.02mg (1.41%), Phosphorus: 10.16mg (1.02%)