



Funny Face Mini Veggie Pizza

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

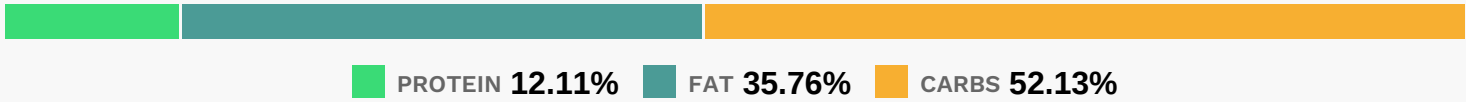
Equipment

Directions

- ☐
- Spread sandwich thin with cream cheese spread.

☐

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:20.77, Inflammation Score:-2, Nutrition Score:2.8130434633273%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 189.7kcal (9.48%), Fat: 7.42g (11.41%), Saturated Fat: 4.53g (28.28%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 23.42g (8.52%), Sugar: 1.01g (1.12%), Cholesterol: 19.84mg (6.61%), Sodium: 363.21mg (15.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Manganese: 0.19mg (9.73%), Calcium: 73.27mg (7.33%), Vitamin B1: 0.11mg (7.17%), Vitamin A: 310.23IU (6.2%), Vitamin B3: 0.86mg (4.32%), Phosphorus: 39.46mg (3.95%), Fiber: 0.91g (3.62%), Copper: 0.07mg (3.38%), Iron: 0.57mg (3.15%), Magnesium: 10.61mg (2.65%), Folate: 10.23µg (2.56%), Vitamin B2: 0.04mg (2.35%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.16mg (1.65%), Potassium: 51.16mg (1.46%), Vitamin C: 0.89mg (1.08%)