



Garden Vegetable Personal Pizzas

READY IN



30 min.

SERVINGS



8

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16.3 oz grands flaky refrigerator biscuits refrigerated pillsbury® canned (any variety)
- 3 tablespoons spring onion sliced (3 medium)
- 4 oz provolone cheese smoked shredded
- 16 oz savory vegetable green frozen giant® simply steam®

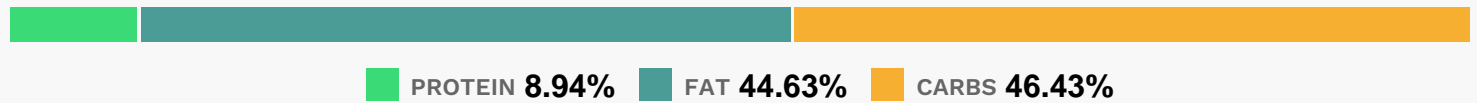
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375°F. Cook vegetables as directed on boxes.
- Pour into medium bowl; stir.
- Separate dough into 8 biscuits. Press each to form 6-inch round on 2 ungreased large cookie sheets. Divide vegetables evenly over rounds; sprinkle with green onions. Top with cheese.
- Bake 10 to 14 minutes or until bottoms are deep golden brown and cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:25.63, Inflammation Score:-9, Nutrition Score:11.819130491951%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 383.66kcal (19.18%), Fat: 19.2g (29.54%), Saturated Fat: 7.16g (44.74%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 41.88g (15.23%), Sugar: 12.61g (14.01%), Cholesterol: 9.78mg (3.26%), Sodium: 333.96mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Vitamin A: 3076.02IU (61.52%), Manganese: 0.39mg (19.53%), Vitamin B1: 0.28mg (18.47%), Folate: 66.09µg (16.52%), Vitamin B2: 0.28mg (16.29%), Phosphorus: 142.71mg (14.27%), Vitamin B3: 2.64mg (13.19%), Iron: 2.37mg (13.15%), Calcium: 130.46mg (13.05%), Fiber: 3.08g (12.31%), Vitamin K: 11.32µg (10.78%), Vitamin E: 1.45mg (9.7%), Selenium: 5.88µg (8.4%), Vitamin C: 6.32mg (7.66%), Zinc: 1mg (6.7%), Magnesium: 26.11mg (6.53%), Potassium: 196.8mg (5.62%), Copper: 0.11mg (5.51%), Vitamin B6: 0.11mg (5.36%), Vitamin B12: 0.21µg (3.45%), Vitamin B5: 0.34mg (3.36%)