



## Garlic Butter Pizza Crust

READY IN



30 min.

SERVINGS



6

CALORIES



196 kcal

CRUST

### Ingredients

- 2 tablespoons butter softened
- 1 can pizza dough refrigerated pillsbury®
- 1 tablespoon roasted garlic chopped

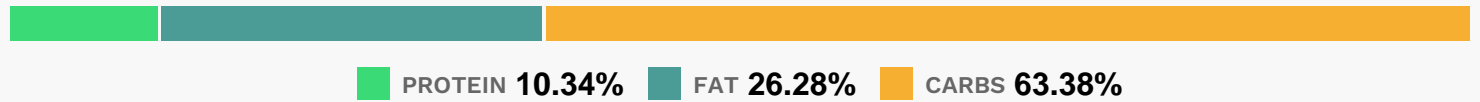
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400°F. Grease large dark or nonstick cookie sheet with shortening or cooking spray. Unroll dough on cookie sheet. Press out dough to 15x10-inch rectangle.
- In small bowl, mix butter and garlic.
- Spread over dough.
- Bake 7 minutes; remove from oven.
- Top partially baked crust with your favorite pizza toppings.
- Bake 7 to 9 minutes or until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:13.33, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.96217390311801%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 195.76kcal (9.79%), Fat: 5.81g (8.94%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 30.52g (11.1%), Sugar: 4.06g (4.51%), Cholesterol: 10.03mg (3.34%), Sodium: 501.39mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Iron: 1.78mg (9.91%), Fiber: 1.01g (4.02%), Vitamin A: 116.74IU (2.33%), Manganese: 0.02mg (1.11%)