



Individual Fruit Pizzas

READY IN



90 min.

SERVINGS



8

CALORIES



1302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 8 servings blueberries
- ☐ 1.3 cups butter
- ☐ 8 ounce cream cheese
- ☐ 4 cups flour all-purpose
- ☐ 8 servings kiwi fruit sliced
- ☐ 13 ounce marshmallow crème such as marshmallow fluff
- ☐ 1 teaspoon orange zest
- ☐ 8 servings pears red sliced

- ☐ 8 servings raspberries
- ☐ 8 servings grapes green red halved
- ☐ 0.5 teaspoon salt
- ☐ 8 servings strawberries
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 eggs whole
- ☐ 3 tablespoons milk whole
- ☐ 1 T any fruit you'd like

Equipment

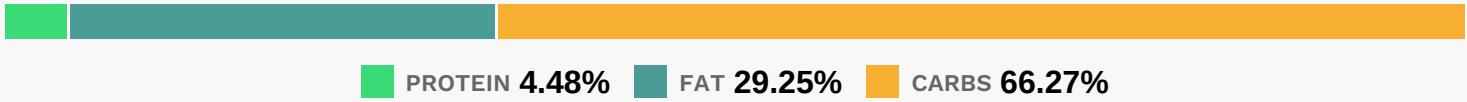
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ For the cookie crust: Preheat the oven to 350 degrees F. In a large bowl, cream the butter, sugar, orange zest and vanilla thoroughly.
- ☐ Add in the eggs and beat until light and fluffy.
- ☐ Add in the milk and mix.
- ☐ In a medium bowl, sift together the dry ingredients (flour, baking powder and salt). Then blend this into the cream mixture. Wrap in plastic wrap and flatten into a disc, and then refrigerate for 1 hour (or freeze for 20 minutes).
- ☐ Roll out the dough into one large rectangle. Then, using a 4 1/2-inch cutter, cut out circles of dough.
- ☐ Bake until the cookie dough is cooked and golden brown, but not overly crisp, 8 to 10 minutes.
- ☐ Remove from the oven and allow to cool completely.

- ☐
- For the topping: Using a mixer with a whisk attachment, whip together the marshmallowcreme and cream cheese until light.
- ☐
- Serve the cooled crusts with the cream mixture and a platter of fruit.
- ☐
- Let everyone build their own pizza by spreading the cream mixture on the crust and then decorating with as much fruit as desired!

Nutrition Facts



Properties

Glycemic Index:74.19, Glycemic Load:95.5, Inflammation Score:-10, Nutrition Score:39.354348053103%

Flavonoids

Cyanidin: 45.82mg, Cyanidin: 45.82mg, Cyanidin: 45.82mg, Cyanidin: 45.82mg Petunidin: 47.01mg, Petunidin: 47.01mg, Petunidin: 47.01mg, Petunidin: 47.01mg Delphinidin: 53.67mg, Delphinidin: 53.67mg, Delphinidin: 53.67mg, Delphinidin: 53.67mg Malvidin: 100.13mg, Malvidin: 100.13mg, Malvidin: 100.13mg, Malvidin: 100.13mg Pelargonidin: 36.37mg, Pelargonidin: 36.37mg, Pelargonidin: 36.37mg, Pelargonidin: 36.37mg Peonidin: 30.17mg, Peonidin: 30.17mg, Peonidin: 30.17mg, Peonidin: 30.17mg Catechin: 13.54mg, Catechin: 13.54mg, Catechin: 13.54mg, Catechin: 13.54mg Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg Epicatechin: 10.12mg, Epicatechin: 10.12mg, Epicatechin: 10.12mg, Epicatechin: 10.12mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg Quercetin: 15.01mg, Quercetin: 15.01mg, Quercetin: 15.01mg, Quercetin: 15.01mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 1301.82kcal (65.09%), Fat: 44.54g (68.52%), Saturated Fat: 25.92g (162.03%), Carbohydrates: 227.11g (75.7%), Net Carbohydrates: 206.05g (74.93%), Sugar: 135.72g (150.8%), Cholesterol: 151.57mg (50.52%), Sodium: 668.31mg (29.06%), Alcohol: 0.17g (100%), Alcohol %: 0.02% (100%), Protein: 15.35g (30.69%), Vitamin C: 194.24mg (235.44%), Manganese: 2.15mg (107.47%), Vitamin K: 102.27µg (97.4%), Fiber: 21.06g (84.24%), Folate: 217.15µg (54.29%), Vitamin B1: 0.75mg (49.79%), Vitamin B2: 0.72mg (42.47%), Selenium: 29.04µg (41.48%), Copper: 0.73mg (36.61%), Vitamin A: 1716.58IU (34.33%), Potassium: 1177.62mg (33.65%), Iron: 5.71mg (31.72%), Phosphorus: 313.1mg (31.31%), Vitamin E: 4.68mg (31.22%), Vitamin B3: 6.12mg (30.62%), Calcium: 254.41mg (25.44%), Magnesium: 95.38mg (23.84%), Vitamin B6: 0.46mg (22.84%), Vitamin B5: 1.54mg (15.4%), Zinc: 1.86mg (12.37%), Vitamin B12:

0.25µg (4.25%), Vitamin D: 0.28µg (1.88%)