

Lemon Blueberry Pizza

READY IN



25 min.

SERVINGS



8

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups blueberries fresh
- 8 ounces cream cheese softened
- 6 ounces optional: lemon
- 16 ounces sugar cookie dough refrigerated
- 2 tablespoons sugar

Equipment

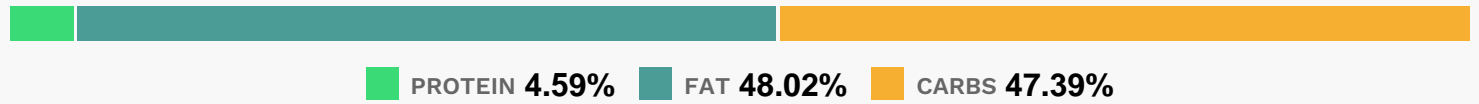
- bowl
- oven

- wire rack
- pizza pan

Directions

- Press cookie dough onto an ungreased 12-in. pizza pan.
- Bake at 350° for 15–20 minutes or until deep golden brown. Cool on a wire rack.
- In a small bowl, beat cream cheese and sugar until smooth; stir in yogurt.
- Spread over crust to within 1/2 in. of edges.
- Sprinkle with blueberries.
- Cut into wedges. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:20.32, Glycemic Load:4.66, Inflammation Score:-5, Nutrition Score:6.7486956119537%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 4.54mg, Eriodictyol: 4.54mg, Eriodictyol: 4.54mg, Eriodictyol: 4.54mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 385.24kcal (19.26%), Fat: 20.99g (32.3%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 46.61g (15.54%), Net Carbohydrates: 44.62g (16.22%), Sugar: 28.98g (32.2%), Cholesterol: 34.87mg (11.62%), Sodium: 254.84mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin C: 14.86mg (18.01%),

Manganese: 0.31mg (15.43%), Phosphorus: 134mg (13.4%), Vitamin K: 12.73µg (12.12%), Folate: 42.83µg (10.71%), Vitamin B1: 0.14mg (9.66%), Vitamin B2: 0.15mg (9.08%), Vitamin A: 426.37IU (8.53%), Fiber: 1.99g (7.97%), Vitamin B3: 1.57mg (7.85%), Iron: 1.31mg (7.29%), Selenium: 4.34µg (6.19%), Potassium: 178.66mg (5.1%), Calcium: 39.81mg (3.98%), Vitamin E: 0.59mg (3.96%), Vitamin B5: 0.39mg (3.87%), Vitamin B6: 0.06mg (3.14%), Copper: 0.06mg (2.76%), Magnesium: 10.44mg (2.61%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.07µg (1.23%)