



Mini Fruit "Pizza"

READY IN



5 min.

SERVINGS



5

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp philadelphia strawberry cream cheese spread
- 1 chocolate chip cookie (2 inch)
- 1 large strawberry half
- 1 tsp aerosol whipped topping

Equipment

Directions

- Top cookie with remaining ingredients.

Nutrition Facts

PROTEIN 5.11% FAT 45.22% CARBS 49.67%

Properties

Glycemic Index:17.73, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:0.44347825524924%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.34mg, Pelargonidin: 1.34mg, Pelargonidin: 1.34mg, Pelargonidin: 1.34mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 17.45kcal (0.87%), Fat: 0.89g (1.37%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 2.03g (0.74%), Sugar: 1.24g (1.38%), Cholesterol: 0.81mg (0.27%), Sodium: 13.24mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Vitamin C: 3.18mg (3.85%), Manganese: 0.02mg (1.04%)