



## Nut-za-Bout" Pizza

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup blueberries
- 1 Tbsp creamy peanut butter
- 16-inch flour tortilla ()
- 0.5 tsp powdered sugar
- 0.3 cup strawberries sliced

### Equipment

## Directions

- Spread tortilla with peanut butter.
- Top with fruit; sprinkle with sugar.
- Cut into wedges to serve.

## Nutrition Facts



**PROTEIN 11.21%** **FAT 41.45%** **CARBS 47.34%**

## Properties

Glycemic Index:12.8, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:0.98434782757059%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 22.48kcal (1.12%), Fat: 1.08g (1.66%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.43g (0.89%), Sugar: 0.95g (1.05%), Cholesterol: 0mg (0%), Sodium: 29.02mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Manganese: 0.06mg (3.23%), Vitamin C: 2.48mg (3%), Vitamin B3: 0.37mg (1.87%), Fiber: 0.34g (1.37%), Folate: 5.28µg (1.32%), Vitamin B1: 0.02mg (1.3%), Phosphorus: 12.91mg (1.29%), Vitamin E: 0.18mg (1.18%), Selenium: 0.75µg (1.08%), Magnesium: 4.05mg (1.01%)