



Pear and Cranberry Fruit Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup sugar
- 1 teaspoon ground cinnamon
- 0.5 cup butter cold
- 0.3 cup water cold
- 4 tablespoons honey
- 1.5 lb pears ripe peeled chopped
- 1 cup cranberries dried sweetened
- 2 teaspoons orange zest grated

- 1 cinnamon sticks (3 inch)
- 8 oz cream cheese softened
- 1.5 cups frangelico

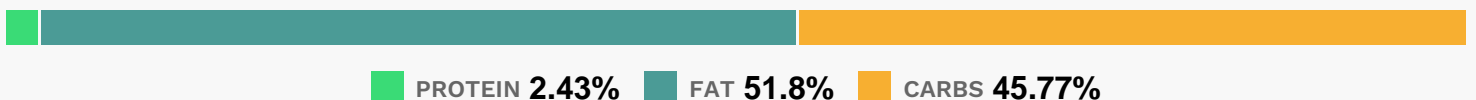
Equipment

- bowl
- frying pan
- oven
- pizza pan
- blender

Directions

- Heat oven to 450°F. Grease 12-inch pizza pan with shortening or cooking spray.
- In medium bowl, stir Bisquick mix, sugar and ground cinnamon.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until butter is blended into dough. Stir in water with fork.
- Spread dough onto pizza pan.
- Bake 9 to 11 minutes or until golden brown. Cool completely.
- Meanwhile, in deep 10-inch skillet, heat 2 tablespoons of the honey over medium-high heat until bubbly. Stir in pears, cranberries, orange peel and cinnamon stick. Cook 3 to 4 minutes, stirring frequently, until pears are soft. Cool.
- Remove cinnamon stick; discard.
- In small bowl, mix cream cheese with remaining 2 tablespoons honey.
- Spread mixture over crust, leaving 1/2-inch border around edges. Spoon pear mixture over cream cheese layer.
- Serve immediately or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:13.09, Inflammation Score:-6, Nutrition Score:4.7560869662658%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 354.54kcal (17.73%), Fat: 21.49g (33.06%), Saturated Fat: 8.13g (50.82%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 38.84g (14.12%), Sugar: 35.23g (39.15%), Cholesterol: 28.63mg (9.54%), Sodium: 225.47mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 913.61IU (18.27%), Fiber: 3.88g (15.51%), Manganese: 0.21mg (10.64%), Vitamin E: 1.12mg (7.47%), Vitamin B2: 0.1mg (6.04%), Vitamin K: 5.7µg (5.43%), Vitamin C: 4.47mg (5.42%), Calcium: 49.46mg (4.95%), Copper: 0.09mg (4.65%), Phosphorus: 45.98mg (4.6%), Potassium: 159.07mg (4.54%), Selenium: 2.76µg (3.95%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.26mg (2.6%), Magnesium: 10.37mg (2.59%), Folate: 9.05µg (2.26%), Iron: 0.35mg (1.95%), Zinc: 0.28mg (1.87%), Vitamin B1: 0.02mg (1.39%), Vitamin B3: 0.28mg (1.38%), Vitamin B12: 0.08µg (1.28%)