



## PHILADELPHIA Fruit Pizza

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



1

CALORIES



3224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup apricot preserves
- 8 oz philadelphia cream cheese softened
- 4 cups fruit fresh black red assorted canned drained (kiwi and strawberry slices, and raspberries, mandarin oranges)
- 0.3 cup sugar
- 16.5 oz able sugar cookies refrigerated sliced
- 0.5 tsp vanilla
- 1 Tbsp water

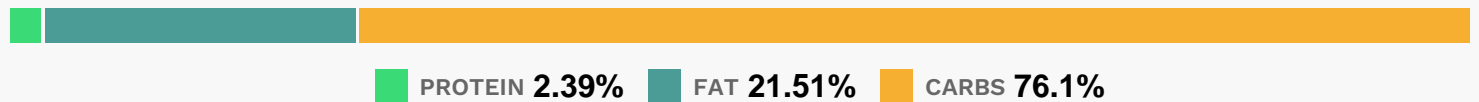
## Equipment

- frying pan
- oven
- pizza pan
- sieve
- blender
- aluminum foil

## Directions

- Heat oven to 375F.
- Line 12-inch pizza pan with Reynolds Wrap Aluminum Foil; spray with cooking spray. Arrange cookie dough slices in single layer on bottom of prepared pan; press together to completely cover bottom of pan.
- Bake 14 min.; cool completely.
- Invert cookie crust onto plate; carefully remove foil. Turn crust over on plate.
- Beat cream cheese, sugar and vanilla with mixer until blended; spread onto crust. Top with fruit.
- Press preserves through sieve to remove any lumps; discard strained solids.
- Mix preserves with water until blended; brush onto fruit. Refrigerate 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:167.18, Glycemic Load:364.84, Inflammation Score:-10, Nutrition Score:29.821304362753%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 3223.65kcal (161.18%), Fat: 80.1g (123.23%), Saturated Fat: 45.85g (286.56%), Carbohydrates: 637.71g (212.57%), Net Carbohydrates: 628.46g (228.53%), Sugar: 613.56g (681.74%), Cholesterol: 229.06mg (76.35%), Sodium: 779.72mg (33.9%), Alcohol: 0.72g (100%), Alcohol %: 0.06% (100%), Protein: 20.03g (40.07%), Vitamin C: 261.49mg (316.96%), Vitamin A: 13085.84IU (261.72%), Vitamin B2: 0.87mg (51.14%), Vitamin B1: 0.72mg (47.84%), Potassium: 1386.54mg (39.62%), Selenium: 26.82µg (38.31%), Fiber: 9.25g (37%), Zinc: 5.23mg (34.88%), Calcium: 328.4mg (32.84%), Phosphorus: 327.73mg (32.77%), Magnesium: 106.34mg (26.58%), Vitamin B6: 0.46mg (23.22%), Copper: 0.45mg (22.5%), Vitamin E: 3.16mg (21.08%), Vitamin B3: 3.6mg (18%), Iron: 2.84mg (15.79%), Folate: 58.8µg (14.7%), Vitamin B5: 1.31mg (13.05%), Vitamin B12: 0.5µg (8.32%), Vitamin K: 4.76µg (4.54%), Manganese: 0.07mg (3.71%)