



## PHILLY Flatbread

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



38 kcal

### Ingredients

- 2 Tbsp olive oil extra virgin
- 1 Tbsp basil fresh chopped
- 0.5 cup philadelphia savory garlic cooking creme
- 2 Tbsp parmesan cheese grated kraft
- 1 lb pizza dough fresh thawed store-bought
- 1 small plum tomatoes thinly sliced
- 1 small onion red thinly sliced
- 0.5 tsp pepper flakes red crushed
- 1 zucchini sliced into thin rounds

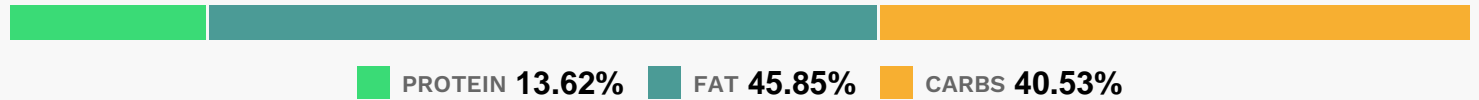
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Flour work surface and roll out dough into a 15x9-inch oval.
- Place on large parchment-lined baking sheet.
- Spread dough with cooking creme, leaving a 1/2-inch edge. Top with vegetables and tomatoes.
- Brush vegetables, tomatoes and crust with olive oil.
- Sprinkle with Parmesan and crushed red pepper flakes.
- Bake for 25 min. or until golden and crisp.
- Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.6221739239181%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 37.76kcal (1.89%), Fat: 1.95g (3%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 3.88g (1.3%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.63g (0.7%), Cholesterol: 1.6mg (0.53%), Sodium: 50.1mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Selenium: 2.49µg (3.55%), Manganese: 0.07mg (3.46%), Phosphorus: 24.6mg (2.46%), Calcium: 24.47mg (2.45%), Vitamin C: 1.77mg (2.14%), Vitamin B2: 0.03mg (1.99%),

Vitamin B6: 0.04mg (1.96%), Vitamin K: 1.98µg (1.89%), Vitamin B1: 0.03mg (1.87%), Iron: 0.29mg (1.62%), Copper: 0.03mg (1.62%), Fiber: 0.37g (1.46%), Vitamin E: 0.22mg (1.44%), Folate: 5.71µg (1.43%), Vitamin A: 70.74IU (1.41%), Vitamin B12: 0.08µg (1.36%), Vitamin B3: 0.27mg (1.33%), Zinc: 0.18mg (1.22%), Potassium: 40.84mg (1.17%), Magnesium: 4.08mg (1.02%)