



Pizza Sticks

READY IN



5 min.

SERVINGS



5

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz cheese blend shredded italian
- ☐ 12 oz pizza crust refrigerated thin
- ☐ 10.5 oz tomato bruschetta topping

Equipment

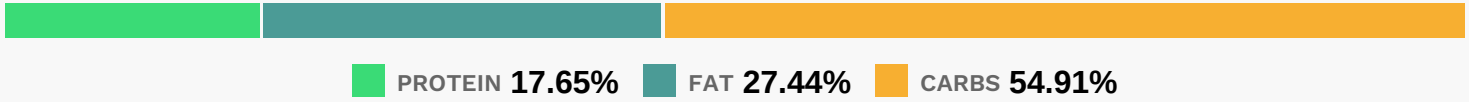
- ☐ oven

Directions

- ☐ Top 1 (12-oz.) refrigerated thin pizza crust with 1 (5-oz.) container tomato bruschetta topping.

- ☐
- Sprinkle evenly with 1 cup (4 oz.) shredded Italian cheese blend.
- ☐
- Bake at 450, directly on oven rack, 12 minutes or until crust is golden and cheese is bubbly.
- ☐
- Cut pizza in half, and cut each half lengthwise into 2-inch strips.
- ☐
- Note: For testing purposes only, we used Buitoni Classic Bruschetta.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:3.1117391949115%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 250.89kcal (12.54%), Fat: 7.9g (12.15%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 33.83g (12.3%), Sugar: 5.78g (6.43%), Cholesterol: 4.54mg (1.51%), Sodium: 537.99mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.43g (22.87%), Iron: 2mg (11.1%), Vitamin A: 495.92IU (9.92%), Vitamin C: 8.16mg (9.89%), Fiber: 1.74g (6.94%), Calcium: 51.31mg (5.13%), Vitamin K: 4.7µg (4.48%), Potassium: 141.1mg (4.03%), Manganese: 0.07mg (3.39%), Vitamin B6: 0.05mg (2.38%), Folate: 8.93µg (2.23%), Vitamin E: 0.32mg (2.14%), Vitamin B3: 0.35mg (1.77%), Copper: 0.04mg (1.76%), Magnesium: 6.55mg (1.64%), Vitamin B1: 0.02mg (1.47%), Phosphorus: 14.29mg (1.43%)