



Pull-Apart "Pizza"

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup broccoli cooked chopped
- 2 basil leaves fresh finely chopped
- 0.3 cup philadelphia savory garlic cooking creme
- 2.5 oz sausage italian crumbled cooked
- 1 Tbsp olive oil
- 24 fire-roasted tomato and olive oil woven wheat crackers
- 1 Tbsp parmesan cheese grated kraft
- 1 plum tomatoes chopped

0.3 cup mozzarella cheese shredded with a touch of philadelphia kraft

Equipment

baking sheet

oven

Directions

Heat oven 400F.

Arrange crackers in single layer on baking sheet to form solid rectangle; spread with cooking crme. Top with broccoli.

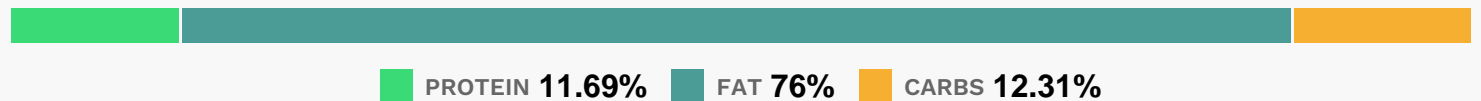
Cover half the rectangle with tomatoes and mozzarella; cover remaining half with sausage and Parmesan.

Bake 10 min. or until mozzarella is melted.

Sprinkle basil over tomato-covered half; drizzle oil over remaining half.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.1182608694324%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 26.5kcal (1.33%), Fat: 2.28g (3.52%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.13g (0.14%), Cholesterol: 2.68mg (0.89%), Sodium: 27.39mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 3.42mg (4.15%), Vitamin K: 4.08µg (3.88%), Manganese: 0.04mg (1.79%), Vitamin B6: 0.03mg (1.66%), Selenium: 1.09µg (1.56%), Vitamin E: 0.22mg (1.47%), Vitamin B1: 0.02mg (1.31%), Phosphorus: 12.47mg (1.25%), Calcium: 10.99mg (1.1%)