



Rosemary-Dijon Crisp Bread

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

Ingredients

- 2 Tbsp grey poupon dijon mustard
- 1 tsp rosemary leaves dried
- 1 Tbsp garlic chopped
- 1.5 cups pizza low-moisture mozzarella & cheddar cheeses shredded kraft
- 2 tsp oil
- 10 oz pizza crust refrigerated canned

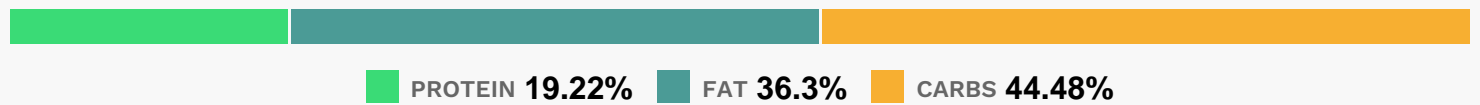
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 425F. Unroll pizza crust on lightly greased baking sheet. Pat out dough with fingers to form 12x10-inch rectangle.
- Bake 5 minutes.
- Mix mustard, garlic and oil; spread evenly over dough.
- Sprinkle evenly with cheese and rosemary.
- Bake 8 to 9 minutes or until crust is deep golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.1156521676027%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.65kcal (2.63%), Fat: 2.14g (3.3%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.66g (2.06%), Sugar: 0.85g (0.94%), Cholesterol: 4.41mg (1.47%), Sodium: 142.66mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Calcium: 48.94mg (4.89%), Phosphorus: 37.96mg (3.8%), Selenium: 2.27µg (3.24%), Iron: 0.36mg (1.99%), Vitamin B12: 0.11µg (1.86%), Zinc: 0.26mg (1.72%), Vitamin B2: 0.03mg (1.52%)