



Rosemary-Parmesan Crisps

READY IN



23 min.

SERVINGS



23

CALORIES



50 kcal

Ingredients

- 1.5 tsp rosemary leaves dried crushed
- 0.5 cup kalamata olives sliced
- 0.3 cup parmesan cheese grated kraft
- 11 oz pizza crust refrigerated thin canned
- 0.3 cup tuscan house dressing italian kraft

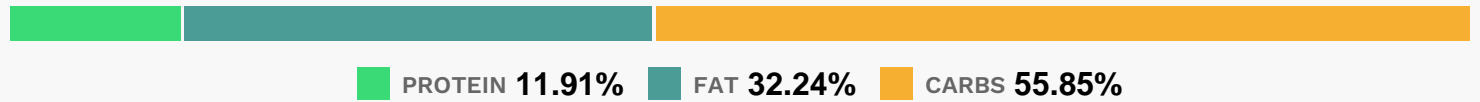
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Unroll pizza crust on baking sheet sprayed with cooking spray; press into 15x12-inch rectangle.
- Bake 5 min.
- Brush crust with dressing; top with remaining ingredients.
- Bake 6 to 8 min. or until crust is golden brown.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.55956521646484%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 50.1kcal (2.51%), Fat: 1.83g (2.81%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.79g (2.47%), Sugar: 1.13g (1.26%), Cholesterol: 1.26mg (0.42%), Sodium: 194.58mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Iron: 0.42mg (2.31%), Calcium: 15.67mg (1.57%), Vitamin K: 1.5µg (1.42%), Fiber: 0.33g (1.33%), Vitamin E: 0.18mg (1.17%)