



## Shrimp Pizza Squares

READY IN



35 min.

SERVINGS



35

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz philadelphia cream cheese softened ()
- 0.3 cup basil fresh chopped
- 3 cloves garlic minced
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 cup italian\* low-moisture mozzarella-parmesan cheese blend shredded kraft
- 13.8 oz pizza crust refrigerated canned
- 1 cup roasted pepper strips red
- 1 lb shrimp deveined uncooked peeled

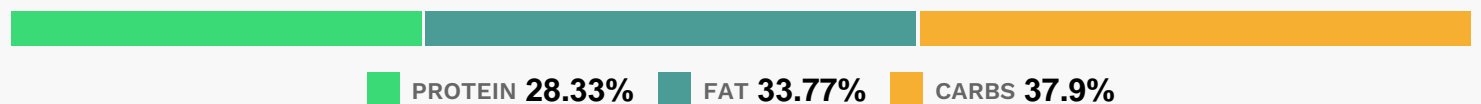
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 425F.
- Unroll pizza dough onto baking sheet sprayed lightly with cooking spray; press into 13x9-inch rectangle.
- Bake 12 to 15 min. or until lightly browned.
- Meanwhile, cook shrimp and garlic in dressing in large skillet on medium-high heat 3 to 5 min. or until shrimp turn pink, stirring frequently.
- Remove from heat; drain.
- Spread cream cheese onto pizza crust, leaving 1/4-inch border around sides. Top with shrimp, shredded cheese and peppers.
- Bake 10 min. or until shredded cheese is melted.
- Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:3.63, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.4226087150366%

## Nutrients (% of daily need)

Calories: 62.63kcal (3.13%), Fat: 2.38g (3.66%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.78g (2.1%), Sugar: 0.97g (1.07%), Cholesterol: 26.24mg (8.75%), Sodium: 192.13mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Phosphorus: 49.82mg (4.98%), Calcium: 36.33mg (3.63%), Copper: 0.06mg (2.96%), Vitamin C: 1.97mg (2.39%), Iron: 0.42mg (2.35%), Zinc: 0.32mg (2.13%), Vitamin A: 93.21IU (1.86%), Selenium: 1.21µg (1.72%), Magnesium: 6.36mg (1.59%), Potassium: 50.32mg (1.44%), Vitamin K: 1.3µg (1.23%), Vitamin B2: 0.02mg (1.22%), Vitamin B12: 0.06µg (1.01%)