



## Spring Veggie Pizza Appetizer

READY IN



155 min.

SERVINGS



35

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp dill weed
- 3 green onions chopped
- 0.5 cup miracle whip dressing
- 8 oz philadelphia neufchatel cheese softened
- 0.5 tsp onion powder
- 0.5 cup radishes shredded yellow sliced chopped
- 16 oz crescent dinner rolls refrigerated reduced-fat
- 1 cup sugar snap peas and cherry tomatoes chopped quartered

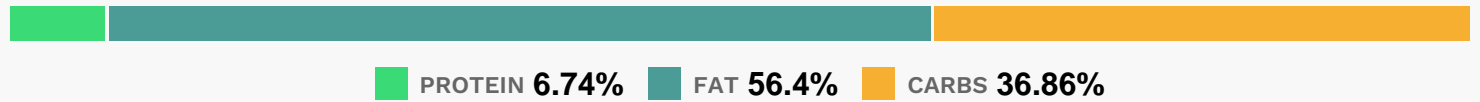
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 375F.
- Unroll each package of dough into 2 rectangles. Press onto bottom and up sides of 15x10x1-inch pan, firmly pressing seams and perforations together to seal.
- Bake 11 to 13 min. or until golden brown; cool.
- Mix Neufchatel, dressing and seasonings until blended; spread onto crust. Top with remaining ingredients. Refrigerate 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:2.11, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.0152173871579%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 67.01kcal (3.35%), Fat: 4.37g (6.73%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 6.24g (2.27%), Sugar: 2.02g (2.24%), Cholesterol: 5.12mg (1.71%), Sodium: 152.43mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin C: 5.79mg (7.02%), Vitamin K: 2.94µg (2.8%), Vitamin A: 102.18IU (2.04%), Iron: 0.26mg (1.45%), Phosphorus: 11.61mg (1.16%), Calcium: 10.12mg (1.01%)