



Spring Veggie Pizza Appetizer

READY IN



155 min.

SERVINGS



32

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 1 cup cherry tomatoes quartered
- ☐ 1 teaspoon dill weed
- ☐ 3 green onions chopped
- ☐ 0.5 cup miracle whip dressing
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 cup radishes sliced
- ☐ 16 ounce crescent dinner rolls refrigerated reduced-fat canned
- ☐ 1 cup sugar snap peas chopped

- ☐ 0.5 cup bell pepper yellow chopped
- ☐ 8 ounce philadelphia

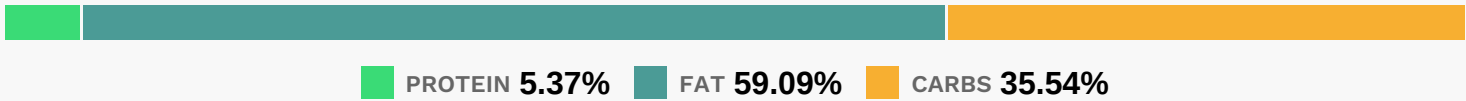
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ 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 reduced-fat cream cheese, dressing and seasonings until well blended; spread onto crust. Top with remaining ingredients. Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:1.7586956762749%

Flavonoids

Pelargonidin: 1.14mg, Pelargonidin: 1.14mg, Pelargonidin: 1.14mg, Pelargonidin: 1.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 82.1kcal (4.1%), Fat: 5.62g (8.64%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 7.28g (2.65%), Sugar: 2.49g (2.77%), Cholesterol: 7.52mg (2.51%), Sodium: 167.9mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin A: 504.35IU (10.09%), Vitamin C: 7.78mg (9.43%), Vitamin K: 3.66µg (3.49%), Iron: 0.33mg (1.82%), Vitamin B2: 0.02mg (1.36%), Potassium: 46.58mg (1.33%), Fiber: 0.33g (1.31%), Phosphorus: 12.85mg (1.28%), Folate: 4.71µg (1.18%), Calcium: 11.25mg (1.12%), Manganese: 0.02mg (1.11%), Vitamin B6: 0.02mg (1.07%)