



Strawberry-Kiwifruit Pizza in a Cookie Crust

READY IN



45 min.

SERVINGS



12

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup pineapple curd
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 3 kiwifruit peeled sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 18 ounce sugar cookie dough refrigerated
- ☐ 6 large strawberries sliced
- ☐ 0.5 cup coconut or sweetened flaked toasted

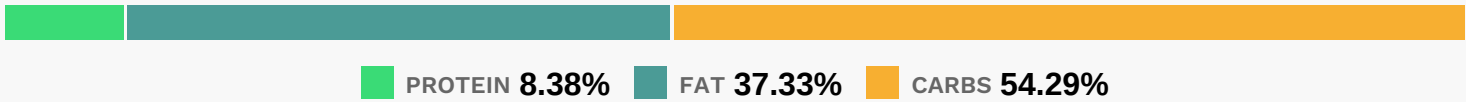
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Place cookie dough in a large bowl; knead in coconut until well combined. Pat dough into a 12 x 8-inch rectangle on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 18 minutes or until lightly browned. Cool completely on a wire rack.
- ☐ Combine cream cheese and juice in a medium bowl, and beat with a mixer at medium speed until well blended.
- ☐ Spread evenly over prepared crust, leaving a 1/2-inch border.
- ☐ Spread Pineapple Curd over cream cheese mixture. Arrange sliced strawberries and kiwifruit on top of the curd.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.72, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:6.9256521411564%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 283.77kcal (14.19%), Fat: 12.09g (18.6%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 37.88g (13.77%), Sugar: 26.55g (29.5%), Cholesterol: 36.67mg (12.22%), Sodium: 282.66mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Vitamin C: 27.4mg (33.21%), Phosphorus: 185.33mg (18.53%), Vitamin K: 13.25µg (12.61%), Manganese: 0.24mg (12.14%), Folate: 42.92µg (10.73%), Calcium: 80.33mg (8.03%), Vitamin B1: 0.1mg (7%), Fiber: 1.69g (6.76%), Vitamin B2: 0.11mg (6.55%), Vitamin B3: 1.23mg (6.16%), Potassium: 194.82mg (5.57%), Iron: 0.99mg (5.48%), Selenium: 2.92µg (4.16%), Magnesium: 14.41mg (3.6%), Copper: 0.07mg (3.51%), Vitamin B5: 0.33mg (3.28%), Vitamin B12: 0.19µg (3.13%), Zinc: 0.46mg (3.08%), Vitamin E: 0.42mg (2.81%), Vitamin B6: 0.04mg (1.97%)