



 **63%**  
HEALTH SCORE

## Strawberry Margarita Pizza

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



4844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons cornstarch
- 8 ounce cream cheese softened
- 3.3 ounce chocolate pudding mix white instant
- 1 cup margarita cocktail prepared
- 1.5 cups milk divided
- 10 ounce strawberries frozen thawed sliced
- 18 ounce sugar cookie dough room temperature
- 8 ounce non-dairy whipped topping frozen thawed

0.5 cup sugar white

## Equipment

bowl

frying pan

sauce pan

oven

whisk

pizza pan

spatula

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Put cookie dough onto a 12-inch pizza pan, rolling to fit to the edges in an even layer.

Bake cookie dough 'crust' in preheated oven until golden brown, 10 to 14 minutes. Cool crust at room temperature until cool enough to handle. Carefully slide spatula under the 'crust' and remove from pan to a large, flat serving platter.

Whisk 1 cup milk and pudding mix together in a bowl until smooth; put aside until set.

Beat cream cheese and 1/2 cup milk together in a separate bowl.

Add pudding mixture to the cream cheese mixture and stir until smooth; spread evenly over the 'crust.'

Stir margarita mix, sugar, and cornstarch together in a saucepan over medium-high heat; cook and stir until the sugar dissolves completely and the mixture thickens into a syrup.

Remove from heat to cool slightly. Stir strawberries into the syrup; pour onto the pizza 'crust' and spread evenly.

Dot the strawberry layer with whipped topping.

## Nutrition Facts



PROTEIN 4.69%  FAT 40.9%  CARBS 54.41%

## Properties

Glycemic Index:175.09, Glycemic Load:86.13, Inflammation Score:-10, Nutrition Score:64.302173365717%

## Flavonoids

Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 70.45mg, Pelargonidin: 70.45mg, Pelargonidin: 70.45mg, Pelargonidin: 70.45mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 8.82mg, Catechin: 8.82mg, Catechin: 8.82mg, Catechin: 8.82mg Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 4844.27kcal (242.21%), Fat: 221.8g (341.23%), Saturated Fat: 106.77g (667.33%), Carbohydrates: 663.87g (221.29%), Net Carbohydrates: 650.1g (236.4%), Sugar: 493.24g (548.04%), Cholesterol: 333.65mg (111.22%), Sodium: 4009.17mg (174.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.55mg (2.18%), Protein: 57.26g (114.52%), Vitamin C: 166.7mg (202.05%), Phosphorus: 1780.03mg (178%), Manganese: 3.06mg (153.07%), Vitamin B2: 1.99mg (116.84%), Folate: 419.54µg (104.89%), Vitamin B1: 1.43mg (95.06%), Calcium: 929.93mg (92.99%), Vitamin A: 4029.45IU (80.59%), Selenium: 52.24µg (74.63%), Vitamin B3: 14.44mg (72.19%), Potassium: 2484.58mg (70.99%), Iron: 12.41mg (68.95%), Vitamin K: 65.66µg (62.54%), Fiber: 13.77g (55.1%), Vitamin B12: 3.03µg (50.52%), Magnesium: 195.36mg (48.84%), Vitamin B5: 4.29mg (42.91%), Copper: 0.74mg (36.91%), Vitamin E: 5.12mg (34.16%), Zinc: 5.08mg (33.88%), Vitamin B6: 0.64mg (31.85%), Vitamin D: 4.03µg (26.84%)