



Swizzle-Stick Pizza Appetizers



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce mozzarella cheese fresh cut into 1/4-inch-thick slices
- ☐ 0.3 cup pesto store-bought
- ☐ 1 cheese pizza frozen
- ☐ 0.3 cup sun-dried tomatoes drained thinly sliced

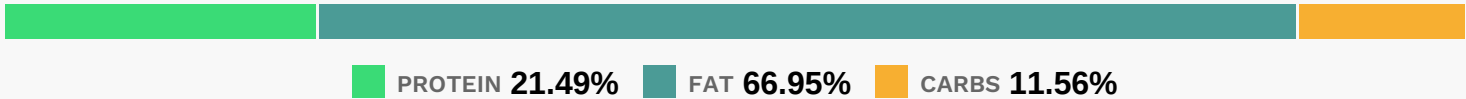
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the pizza on a baking sheet.
- ☐ Spread the pesto evenly over the surface. Top with the mozzarella and tomatoes.
- ☐ Bake according to the package directions. Slice into 1-inch-wide strips and serve.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:6.0482608740744%

Nutrients (% of daily need)

Calories: 183.02kcal (9.15%), Fat: 13.77g (21.18%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.13g (3.48%), Cholesterol: 31mg (10.33%), Sodium: 372.68mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.89%), Calcium: 220.12mg (22.01%), Phosphorus: 155.57mg (15.56%), Vitamin B12: 0.86µg (14.36%), Vitamin A: 586.69IU (11.73%), Selenium: 6.76µg (9.66%), Zinc: 1.23mg (8.17%), Vitamin B2: 0.14mg (8.05%), Potassium: 238.34mg (6.81%), Manganese: 0.12mg (6.21%), Magnesium: 19.42mg (4.85%), Copper: 0.09mg (4.55%), Iron: 0.8mg (4.45%), Fiber: 0.97g (3.89%), Vitamin K: 3.5µg (3.33%), Vitamin B3: 0.59mg (2.96%), Vitamin B1: 0.04mg (2.91%), Vitamin C: 2.4mg (2.9%), Vitamin B5: 0.18mg (1.81%), Vitamin B6: 0.03mg (1.71%), Folate: 6.8µg (1.7%), Vitamin D: 0.15µg (1.01%)