



Thai Appetizer Pizza

READY IN



180 min.

SERVINGS



32

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup carrots shredded (1 small)
- 0.5 cup approx cream cheese spread (from 8-oz container)
- 0.3 cup creamy peanut butter
- 16 oz regular crescent rolls refrigerated canned
- 0.5 cup cucumber seeded chopped ()
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground pepper red (cayenne)
- 0.5 cup bell pepper red chopped ()

0.3 cup roasted peanuts salted chopped

Equipment

bowl

frying pan

oven

Directions

Heat oven to 375F.

If using crescent rolls: Unroll both cans of dough; separate into 4 long rectangles.

Place rectangles in ungreased 15x10x1-inch pan; press in bottom and up sides to form crust. If using dough sheets: Unroll both cans of dough.

Place rectangles in ungreased 15x10x1-inch pan; press in bottom and up sides to form crust.

Bake 13 to 17 minutes or until golden brown. Cool completely, about 30 minutes.

In small bowl, mix cream cheese spread, peanut butter, ginger and ground red pepper.

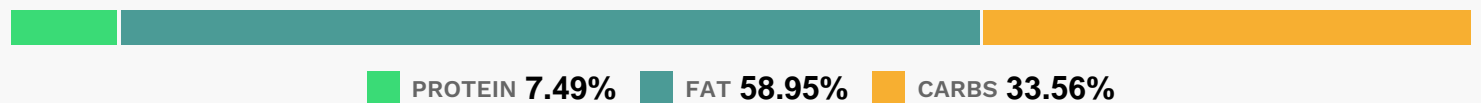
Spread over cooled crust. Top with carrot, bell pepper, cucumber and peanuts.

Serve immediately, or cover and refrigerate up to 2 hours before serving.

Just before serving, sprinkle with cilantro.

Cut into squares.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:1.5278261031794%

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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 78.9kcal (3.95%), Fat: 5.43g (8.35%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.62g (2.41%), Sugar: 1.96g (2.18%), Cholesterol: 2.2mg (0.73%), Sodium: 142.9mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin A: 457.15IU (9.14%), Vitamin C: 3.21mg (3.89%), Manganese: 0.07mg (3.73%), Vitamin B3: 0.49mg (2.44%), Vitamin E: 0.24mg (1.61%), Magnesium: 6.21mg (1.55%), Iron: 0.27mg (1.5%), Fiber: 0.33g (1.32%), Phosphorus: 13.15mg (1.31%), Folate: 5.01µg (1.25%), Vitamin B6: 0.02mg (1.16%), Potassium: 35.74mg (1.02%)