



Tomato Basil Veggie Pizza

READY IN



60 min.

SERVINGS



32

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz reduced fat crescent rolls refrigerated canned (8 Count)
- ☐ 0.8 cup cream sour reduced-fat
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 0.5 cup basil fresh shredded
- ☐ 2 tablespoons balsamic vinegar

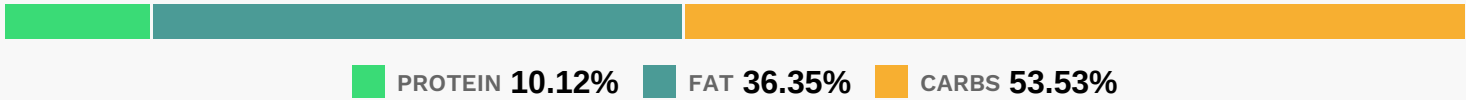
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375° F.
- ☐ Unroll both cans of dough into rectangles. In ungreased 15 x 10 x 1-inch pan, arrange dough and press in bottom and up sides to form crust. Firmly press perforations to seal.
- ☐ Bake 13 to 17 minutes or until golden brown. Cool completely, about 30 minutes.
- ☐ In small bowl, mix sour cream, cream cheese, chopped basil and oregano until smooth.
- ☐ Spread over cooled crust. Top with tomato halves.
- ☐ Cut into 8 rows by 4 rows. Cover; refrigerate 1 to 2 hours. Just before serving, sprinkle with shredded basil, and drizzle with balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:1.0599999897506%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 34.17kcal (1.71%), Fat: 1.37g (2.11%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.32g (1.46%), Cholesterol: 1.89mg (0.63%), Sodium: 61.19mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 3.98µg (3.79%), Vitamin A: 166.59IU (3.33%), Vitamin C: 2.16mg (2.61%), Iron: 0.32mg (1.81%), Manganese: 0.03mg (1.55%), Potassium: 50.85mg (1.45%), Calcium: 12.62mg (1.26%)