



Tuna Appetizer Pizza

 Gluten Free

READY IN



150 min.

SERVINGS



40

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup water boiling
- 2 tablespoons spring onion sliced
- 8 oz cream cheese softened
- 0.5 cup cream sour
- 1 teaspoon dill dried
- 0.1 teaspoon garlic powder
- 5 oz tuna drained canned
- 3 cups cherry tomatoes fresh such as sliced mushrooms, cherry tomato halves, chopped broccoli

- 4 oz cheese shredded
- 1.5 cups frangelico

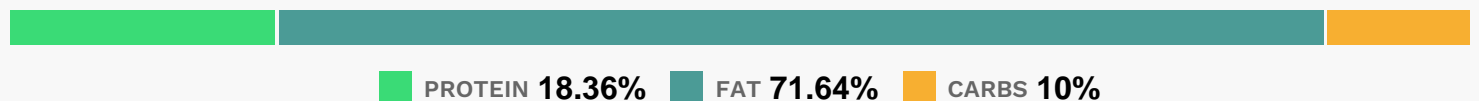
Equipment

- bowl
- oven
- pizza pan

Directions

- Heat oven to 450°F. In medium bowl, stir Bisquick mix, boiling water and onions until soft dough forms; beat vigorously 20 strokes.
- in ungreased 12-inch pizza pan, pat dough with floured hands, forming 1/2-inch rim.
- Bake about 10 minutes or until light brown. Cool 10 minutes.
- In medium bowl, stir cream cheese, sour cream, dill weed, garlic powder and tuna until smooth; spread evenly over crust. Refrigerate 1 to 2 hours or until chilled. Just before serving, top with vegetables and cheese.
- Cut into bite-size wedges. Refrigerate any remaining wedges.

Nutrition Facts



Properties

Glycemic Index:2.28, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.5382608900899%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 39.43kcal (1.97%), Fat: 3.19g (4.91%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.63g (0.7%), Cholesterol: 10.94mg (3.65%), Sodium: 45.66mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Selenium: 3.54µg (5.05%), Vitamin A: 174.34IU (3.49%), Vitamin C: 2.64mg (3.2%), Vitamin B12: 0.17µg (2.9%), Phosphorus: 26.56mg (2.66%), Calcium: 25.32mg

(2.53%), Vitamin B3: 0.42mg (2.12%), Vitamin B2: 0.03mg (1.86%), Vitamin B6: 0.03mg (1.32%), Potassium: 45.6mg (1.3%), Vitamin K: 1.17µg (1.11%), Zinc: 0.16mg (1.08%)