



## Union Jack Fruit Pizza

READY IN



150 min.

SERVINGS



20

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 8 oz cream cheese softened
- 0.3 cup sugar
- 0.5 teaspoon vanilla
- 4 cups strawberries fresh sliced
- 3 cups blueberries fresh
- 1 cup raspberries fresh

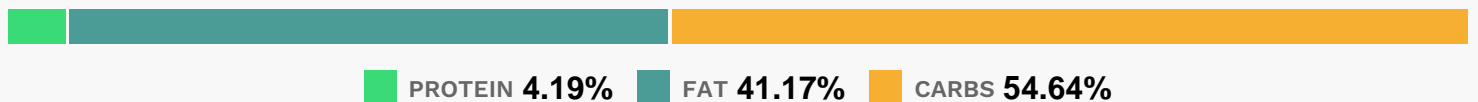
## Equipment

- bowl
- frying pan
- oven
- hand mixer
- aluminum foil

## Directions

- Heat oven to 350°F. Line 15x10x1-inch or 13x9-inch pan with foil. Spray bottom only of foil with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Press evenly in bottom of pan.
- Bake 15 to 20 minutes or until light golden brown. Cool completely, about 30 minutes.
- In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until fluffy.
- Spread mixture over cooled crust.
- Arrange fruit over cream cheese. Refrigerate at least 1 hour until chilled. To serve, cut into 5 rows by 4 rows. Cover and refrigerate any remaining fruit pizza.

## Nutrition Facts



## Properties

Glycemic Index:10.15, Glycemic Load:4.31, Inflammation Score:-4, Nutrition Score:4.0582608541717%

## Flavonoids

Cyanidin: 5.11mg, Cyanidin: 5.11mg, Cyanidin: 5.11mg, Cyanidin: 5.11mg Petunidin: 7.05mg, Petunidin: 7.05mg, Petunidin: 7.05mg, Petunidin: 7.05mg Delphinidin: 8.03mg, Delphinidin: 8.03mg, Delphinidin: 8.03mg, Delphinidin: 8.03mg Malvidin: 15.02mg, Malvidin: 15.02mg, Malvidin: 15.02mg, Malvidin: 15.02mg Pelargonidin: 7.22mg, Pelargonidin: 7.22mg, Pelargonidin: 7.22mg Peonidin: 4.53mg, Peonidin: 4.53mg, Peonidin: 4.53mg, Peonidin: 4.53mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epicatechin 3-gallate: 0.04mg,

Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 219.21kcal (10.96%), Fat: 10.23g (15.73%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 29.04g (10.56%), Sugar: 19.17g (21.3%), Cholesterol: 19.64mg (6.55%), Sodium: 163.73mg (7.12%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 2.34g (4.68%), Vitamin C: 20.67mg (25.06%), Manganese: 0.23mg (11.41%), Vitamin A: 384.59IU (7.69%), Fiber: 1.5g (6%), Vitamin K: 5.63µg (5.36%), Folate: 15.58µg (3.9%), Vitamin B2: 0.07mg (3.83%), Vitamin E: 0.56mg (3.73%), Phosphorus: 29.12mg (2.91%), Selenium: 1.82µg (2.6%), Potassium: 90.82mg (2.59%), Vitamin B1: 0.04mg (2.4%), Calcium: 21.42mg (2.14%), Iron: 0.36mg (2.02%), Magnesium: 7.86mg (1.97%), Vitamin B6: 0.04mg (1.95%), Vitamin B5: 0.19mg (1.86%), Copper: 0.04mg (1.79%), Vitamin B3: 0.35mg (1.76%), Zinc: 0.19mg (1.24%)