



Vegetable Pizza II

READY IN



60 min.

SERVINGS



12

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese
- 1 cup mayonnaise
- 1 ounce ranch seasoning
- 16 ounce regular crescent rolls refrigerated
- 1 cup cream sour

Equipment

- baking sheet
- oven

mixing bowl

Directions

Preheat oven to 375 degrees F (190 degrees C).

Roll out crescent rolls onto large non-stick baking sheet. Stretch and flatten to form rectangular shape on sheet.

Bake 12 minutes, or until golden brown. Allow to cool.

In medium size mixing bowl, mix ranch dressing mix, mayonnaise, sour cream, and cream cheese until well blended.

Spread the mixture over the cooled crust. Arrange vegetables over the top of the crust. Refrigerate for 1 hour.

Nutrition Facts

 **PROTEIN 3.32%** **FAT 77.09%** **CARBS 19.59%**

Properties

Glycemic Index:6.42, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:3.2156521334596%

Nutrients (% of daily need)

Calories: 369.9kcal (18.49%), Fat: 32.31g (49.71%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 18.47g (6.72%), Sugar: 5.25g (5.83%), Cholesterol: 38.24mg (12.75%), Sodium: 657.73mg (28.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin K: 31.11µg (29.63%), Vitamin A: 385.36IU (7.71%), Vitamin E: 0.85mg (5.65%), Vitamin B2: 0.08mg (4.66%), Selenium: 2.76µg (3.95%), Calcium: 39.18mg (3.92%), Phosphorus: 38.71mg (3.87%), Iron: 0.55mg (3.05%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.1µg (1.74%), Potassium: 52.64mg (1.5%), Zinc: 0.19mg (1.24%)