



Veggie Pizza Appetizer

READY IN



88 min.

SERVINGS



32

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black pitted sliced
- 1 cup broccoli florets fresh
- 8 oz philadelphia cream cheese softened
- 1 tsp dill weed
- 1 cup pasilla peppers green chopped
- 0.5 cup miracle whip dressing
- 0.5 tsp onion salt
- 0.3 cup onions chopped
- 16 oz crescent dinner rolls refrigerated canned

1 cup tomatoes seeded chopped

Equipment

oven

baking pan

Directions

Preheat oven to 375F. Separate dough into four rectangles. Press onto bottom and up sides of 15x10x1-inch baking pan to form crust, firmly pressing seams and perforations in dough together to seal.

Bake 11 to 13 min. or until golden brown; cool.

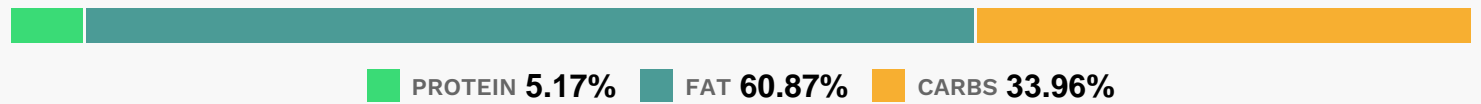
Mix cream cheese, dressing, dill and onion salt until well blended.

Spread onto crust; top with the remaining ingredients.

Refrigerate at least 1 hour before serving.

Cut into 32 squares.

Nutrition Facts



Properties

Glycemic Index:4.66, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.4182608632938%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 84.06kcal (4.2%), Fat: 5.95g (9.15%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 7.09g (2.58%), Sugar: 2.44g (2.71%), Cholesterol: 7.52mg (2.51%), Sodium: 235.53mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 7.01mg (8.5%), Vitamin K: 3.8µg (3.62%), Vitamin A: 180.22IU (3.6%), Fiber: 0.38g (1.5%), Iron: 0.25mg (1.41%), Vitamin E: 0.21mg (1.37%), Vitamin B2:

0.02mg (1.31%), Vitamin B6: 0.03mg (1.26%), Phosphorus: 12.16mg (1.22%), Potassium: 42.22mg (1.21%), Calcium: 10.8mg (1.08%), Selenium: 0.71µg (1.01%)