



Veggie Pizza Appetizer

READY IN



153 min.

SERVINGS



33

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

1 cup tomatoes seeded chopped

Equipment

oven

baking pan

Directions

Preheat oven to 375F. Separate dough into 4 rectangles. Press onto bottom and up side of 15x10x1-inch baking pan to form crust.

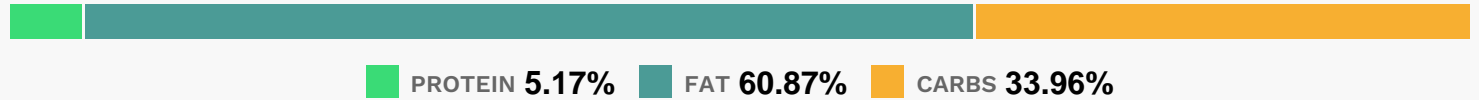
Bake 11 to 13 minutes or until golden brown; cool.

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

Spread over crust; top with remaining ingredients. Refrigerate.

Cut into squares.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:1.3752173768437%

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: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 81.51kcal (4.08%), Fat: 5.76g (8.87%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 6.87g (2.5%), Sugar: 2.37g (2.63%), Cholesterol: 7.29mg (2.43%), Sodium: 228.39mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin C: 6.8mg (8.24%), Vitamin K: 3.68µg (3.51%), Vitamin A: 174.76IU (3.5%), Fiber: 0.36g (1.46%), Iron: 0.25mg (1.37%), Vitamin E: 0.2mg (1.33%), Vitamin B2: 0.02mg (1.27%), Vitamin B6: 0.02mg (1.22%), Phosphorus: 11.79mg (1.18%), Potassium: 40.94mg (1.17%), Calcium: 10.47mg (1.05%)