



Veggie Pizza Flower



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 romano beans whole wheat thin
- ☐ 2 tablespoons approx cream cheese spread (from 8-oz container)
- ☐ 1 serving cherry tomatoes fresh such as cherry tomatoes, cucumber slices, any color bell pepper slices, as desired

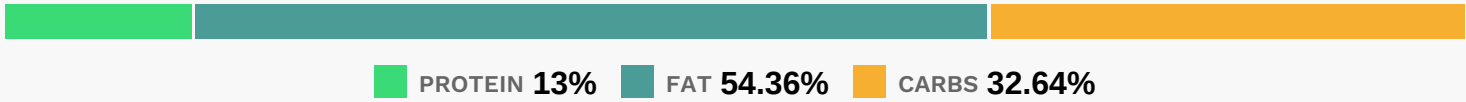
Equipment

Directions

- ☐
- Spread sandwich thin with cream cheese spread.

☐

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:7.8278260231018%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 113.75kcal (5.69%), Fat: 7.15g (11%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 7.95g (2.89%), Sugar: 5.49g (6.1%), Cholesterol: 19.84mg (6.61%), Sodium: 166.26mg (7.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 36.79mg (44.6%), Vitamin A: 1200.22IU (24%), Vitamin K: 14.89µg (14.18%), Potassium: 375.39mg (10.73%), Manganese: 0.21mg (10.47%), Vitamin B6: 0.15mg (7.61%), Iron: 1.26mg (7.02%), Folate: 27.49µg (6.87%), Fiber: 1.71g (6.84%), Copper: 0.13mg (6.41%), Calcium: 63.93mg (6.39%), Vitamin E: 0.93mg (6.21%), Phosphorus: 50.94mg (5.09%), Vitamin B1: 0.07mg (4.92%), Magnesium: 19.57mg (4.89%), Vitamin B3: 0.97mg (4.85%), Vitamin B2: 0.06mg (3.44%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.27mg (1.78%), Selenium: 0.89µg (1.27%)