



White "Pizza"

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup broccoli frozen thawed drained chopped
- 0.5 tsp oregano leaves and garlic powder dried
- 0.5 cup polly-o natural part skim ricotta cheese
- 0.3 cup reduced fat topping parmesan style grated kraft
- 48 roasted garlic woven wheat crackers
- 0.5 cup milk mozzarella cheese shredded 2% kraft

Equipment

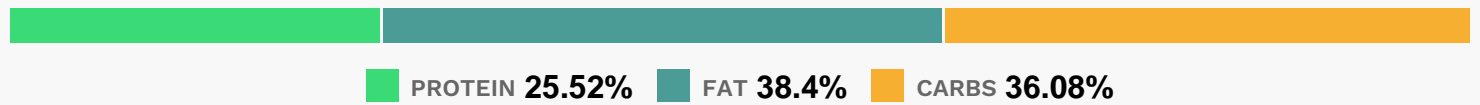
- baking sheet

oven

Directions

- Heat oven to 350F.
- Combine all ingredients except crackers; spread onto crackers.
- Place in single layer on baking sheets.
- Bake 5 min. or until hot and bubbly.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:2.8756521661644%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 42.67kcal (2.13%), Fat: 1.88g (2.89%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.69g (1.34%), Sugar: 0.21g (0.24%), Cholesterol: 6.98mg (2.33%), Sodium: 61.89mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Manganese: 0.17mg (8.55%), Calcium: 78.66mg (7.87%), Vitamin C: 5.61mg (6.8%), Vitamin B6: 0.13mg (6.49%), Phosphorus: 57.55mg (5.75%), Selenium: 3.77µg (5.39%), Vitamin K: 3.33µg (3.17%), Vitamin B2: 0.05mg (2.83%), Zinc: 0.41mg (2.74%), Vitamin B12: 0.15µg (2.45%), Copper: 0.04mg (1.89%), Potassium: 64.25mg (1.84%), Vitamin A: 86.2IU (1.72%), Vitamin B1: 0.03mg (1.67%), Magnesium: 5.72mg (1.43%), Iron: 0.26mg (1.43%), Fiber: 0.29g (1.15%), Vitamin B5: 0.11mg (1.05%)