



Yummy Fruit Pizza

READY IN



45 min.

SERVINGS



1

CALORIES



3667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apricot preserves
- 1 banana peeled sliced
- 0.3 cup butter
- 2 cups powdered sugar
- 8 ounces cream cheese
- 5 cups rice cereal crisp
- 2 teaspoons cup heavy whipping cream
- 2 kiwi fruit peeled chopped
- 32 large marshmallows

- 16 small strawberries halved
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 1.5 teaspoons water
- 2 teaspoons granulated sugar white

Equipment

- bowl
- frying pan
- sauce pan
- pizza pan

Directions

- In a medium saucepan combine the butter and marshmallows. Stir over low heat until melted.
- Remove pan from heat and stir in the crisp rice cereal. Prepare a pizza pan by lightly coating with vegetable oil spray. Press the cereal mixture evenly onto the pizza pan.
- Place into the refrigerator to cool.
- To make the sauce, combine cream cheese, confectioners' sugar and cocoa in a small bowl. Beat until smooth and creamy.
- Spread evenly over the pizza crust. Arrange the strawberries, bananas, and kiwi slices over the crust to look like pizza toppings, or make a fancy design.
- In a small cup, mix together the apricot jam with the water. Dab onto the fruit with a brush. This will keep the fruit from turning brown. Whip the heavy cream, sugar, and vanilla until stiff, drop dabs of whipped cream onto the pizza. Slice like a pizza, but thinner. This is a very rich dessert.

Nutrition Facts



PROTEIN 3.52% **FAT 31.36%** **CARBS 65.12%**

Properties

Glycemic Index:355.04, Glycemic Load:145.17, Inflammation Score:-10, Nutrition Score:52.434347292651%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 27.83mg, Pelargonidin: 27.83mg, Pelargonidin: 27.83mg, Pelargonidin: 27.83mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 24.74mg, Catechin: 24.74mg, Catechin: 24.74mg, Catechin: 24.74mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 43.33mg, Epicatechin: 43.33mg, Epicatechin: 43.33mg, Epicatechin: 43.33mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 3666.87kcal (183.34%), Fat: 133.52g (205.41%), Saturated Fat: 79.65g (497.83%), Carbohydrates: 623.83g (207.94%), Net Carbohydrates: 603.46g (219.44%), Sugar: 434.81g (483.12%), Cholesterol: 362.38mg (120.79%), Sodium: 1300.96mg (56.56%), Alcohol: 0.69g (100%), Alcohol %: 0.06% (100%), Caffeine: 49.45mg (16.48%), Protein: 33.75g (67.5%), Vitamin C: 215.66mg (261.4%), Vitamin A: 4940.35IU (98.81%), Manganese: 1.83mg (91.39%), Copper: 1.75mg (87.34%), Vitamin K: 86.09µg (81.99%), Fiber: 20.37g (81.49%), Folate: 273.57µg (68.39%), Phosphorus: 664mg (66.4%), Vitamin B2: 1.08mg (63.25%), Magnesium: 239.47mg (59.87%), Selenium: 41.33µg (59.05%), Potassium: 1761.64mg (50.33%), Iron: 7.99mg (44.41%), Vitamin E: 6.33mg (42.23%), Vitamin B1: 0.6mg (40.03%), Vitamin B6: 0.77mg (38.48%), Calcium: 381.3mg (38.13%), Vitamin B3: 6.08mg (30.39%), Zinc: 4.43mg (29.53%), Vitamin B5: 2.32mg (23.22%), Vitamin B12: 0.61µg (10.19%), Vitamin D: 0.16µg (1.07%)