

Vegetable Pizza

Ingredients:

1 Package readymade pizza dough
1(8 ounce) Package cream cheese
1 Package Hidden Valley Ranch
dressing mix
1 Cup green pepper
½ Cup broccoli
½ Cup carrots
1 Cup low fat cheddar cheese

Directions:

Mix cream cheese and dressing mix together. Spread on crust and top with chopped vegetables of your choice. Sprinkle cheddar cheese on top.

Yield: makes 15 servings.

Nutritional Analysis

Calories: 97
Protein: 6 g
Total Fat: 3 g
Carbohydrates: 11 g
Fiber: 0.3 g
Calcium: 97 mg
Iron: 0.5 mg
Sodium: 124 mg
Vitamin A: 1166 IU
Vitamin C: 9 mg
Saturated Fat: 1 g
Cholesterol: 5 mg

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