



Baked Mozzarella Bites

READY IN



18 min.

SERVINGS



4

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons egg substitute
- ☐ 0.3 cup lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 3 ounce part-skim mozzarella string cheese

Equipment

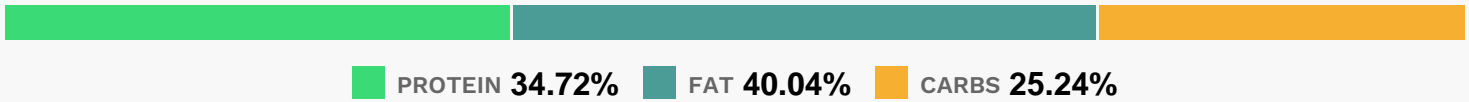
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 42
- ☐ Heat a medium skillet over medium heat.
- ☐ Add 1/3 cup panko to pan, and cook for 2 minutes or until toasted, stirring frequently.
- ☐ Remove from heat, and place the panko in a shallow dish.
- ☐ Cut mozzarella sticks into 1-inch pieces. Working with one piece at a time, dip cheese in egg substitute; dredge in panko.
- ☐ Place cheese on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 3 minutes or until the cheese is softened and thoroughly heated.
- ☐ Pour the marinara sauce into a microwave-safe bowl. Microwave at HIGH 1 minute or until thoroughly heated, stirring after 30 seconds.
- ☐ Serve with mozzarella pieces.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.5365217146666%

Nutrients (% of daily need)

Calories: 83.19kcal (4.16%), Fat: 3.7g (5.69%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.79g (1.74%), Sugar: 1.34g (1.48%), Cholesterol: 13.61mg (4.54%), Sodium: 264.67mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.42%), Calcium: 186.32mg (18.63%), Selenium: 9.37µg (13.39%), Phosphorus: 119.47mg (11.95%), Vitamin B2: 0.14mg (8.29%), Zinc: 0.81mg (5.4%), Vitamin B1: 0.07mg (4.68%), Vitamin A: 195.57IU (3.91%), Vitamin B12: 0.23µg (3.88%), Iron: 0.67mg (3.74%), Manganese: 0.07mg (3.26%), Vitamin E: 0.45mg (2.97%), Vitamin B5: 0.29mg (2.91%), Potassium: 98.7mg (2.82%), Magnesium: 11.14mg (2.78%), Folate: 10.56µg (2.64%), Vitamin B3: 0.52mg (2.61%), Vitamin B6: 0.05mg (2.59%), Copper: 0.04mg (1.92%), Fiber: 0.45g (1.82%), Vitamin D: 0.26µg (1.71%), Vitamin C: 1.13mg (1.37%), Vitamin K: 1.12µg (1.07%)