



## Barbecue Pizza Bites

READY IN



45 min.

SERVINGS



16

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup barbecue sauce
- 3 tablespoons brown sugar
- 0.5 cup carrots chopped
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 pound ground round
- 0.5 cup onion chopped
- 1 ounce part-skim mozzarella cheese shredded finely
- 1 Dash pepper black
- 16 ounce pizza crusts italian (such as Boboli)

0.3 teaspoon salt

## Equipment

frying pan

baking sheet

oven

## Directions

Preheat oven to 45

Cook beef, onion, and carrot in a large nonstick skillet over medium-high heat until browned, stirring to crumble.

Drain well; return meat mixture to pan. Stir in barbecue sauce, sugar, salt, and pepper; reduce heat, and simmer 5 minutes.

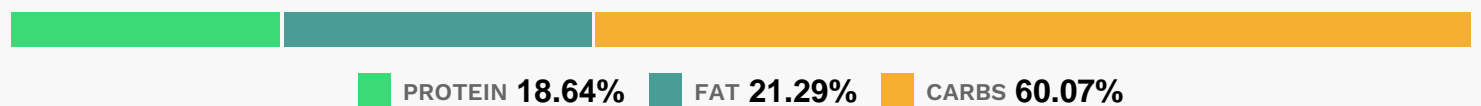
Place pizza crusts on a baking sheet. Divide beef mixture evenly among crusts, and sprinkle with cheese.

Bake pizzas at 450 for 12 minutes or until cheese melts.

Sprinkle pizzas with cilantro.

Cut each pizza into 4 wedges.

## Nutrition Facts



## Properties

Glycemic Index:8.61, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:2.9147826225861%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

## Nutrients (% of daily need)

Calories: 129.23kcal (6.46%), Fat: 3.04g (4.68%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 18.61g (6.77%), Sugar: 5.01g (5.57%), Cholesterol: 10.35mg (3.45%), Sodium: 271.98mg (11.83%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Vitamin A: 693.62IU (13.87%), Iron: 1.17mg (6.51%), Vitamin B12: 0.33µg (5.46%), Zinc: 0.76mg (5.05%), Calcium: 47.71mg (4.77%), Vitamin B3: 0.8mg (4.02%), Selenium: 2.74µg (3.92%), Phosphorus: 38.45mg (3.85%), Vitamin B6: 0.07mg (3.53%), Fiber: 0.68g (2.73%), Potassium: 84.26mg (2.41%), Vitamin B2: 0.03mg (2.03%), Magnesium: 5.22mg (1.31%), Manganese: 0.02mg (1.19%), Vitamin B5: 0.12mg (1.16%)