



Cheesy Muffin Pizzas

READY IN



50 min.

SERVINGS



12

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup baby spinach chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounce chicken breast cut into 1/4-inch cubes
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 ounces mascarpone cheese
- ☐ 1 ounce parmesan finely grated
- ☐ 1 pound pizza dough fresh

- ☐ 4 ounces coarsely whole-milk mozzarella grated
- ☐ 0.3 cup purchased tomato-basil sauce

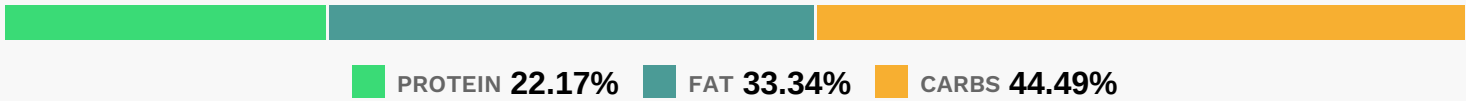
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ cookie cutter
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: a 3 1/2 to 4-inch diameter round cookie cutter
- ☐ In a large bowl, combine the chicken, mozzarella, spinach, mascarpone, Parmesan, tomato-basil sauce, basil, lemon juice, salt and pepper.
- ☐ Position an oven rack in the center of the oven and preheat to 425 degrees F. Spray a standard 12-cup muffin pan with nonstick spray.
- ☐ Lightly flour a work surface.
- ☐ Roll out the pizza dough to a thin large round, about 1/8-inch thick. Using a 3 1/2- to 4-inch-diameter round cutter, cut out 12 rounds for pizza crusts. Working with 1 crust at a time, settle 1 dough round into the prepared muffin pan. Press and pull the dough up the sides of the cup. Rotate the pan and repeat until the dough covers the bottom and sides. Pack in 2 to 3 tablespoons of filling. Repeat with the remaining dough rounds and filling.
- ☐ Bake the pizzas until the crusts are golden brown and the filling is bubbling, 16 to 18 minutes.
- ☐ Let stand 1 minute. Then use a small knife to loosen the pizzas. Arrange on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:3.8152173271646%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 172.12kcal (8.61%), Fat: 6.37g (9.81%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 18.24g (6.63%), Sugar: 2.78g (3.09%), Cholesterol: 18.81mg (6.27%), Sodium: 460.36mg (20.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Calcium: 136.1mg (13.61%), Phosphorus: 99.37mg (9.94%), Vitamin K: 9.71µg (9.25%), Vitamin A: 394.02IU (7.88%), Selenium: 5.36µg (7.66%), Iron: 1.19mg (6.58%), Vitamin B3: 1.02mg (5.1%), Vitamin B6: 0.08mg (4.24%), Fiber: 0.9g (3.61%), Zinc: 0.5mg (3.35%), Vitamin B2: 0.05mg (2.9%), Vitamin B12: 0.13µg (2.24%), Magnesium: 8.27mg (2.07%), Potassium: 69.97mg (2%), Vitamin B5: 0.15mg (1.49%), Vitamin C: 1.13mg (1.37%), Manganese: 0.03mg (1.31%), Folate: 5.12µg (1.28%)