



Easy Pizzettes

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup tomato sauce
- 8 muffins split english toasted
- 8 oz provolone cheese shredded
- 0.7 cup bell pepper red assorted ripe sliced chopped

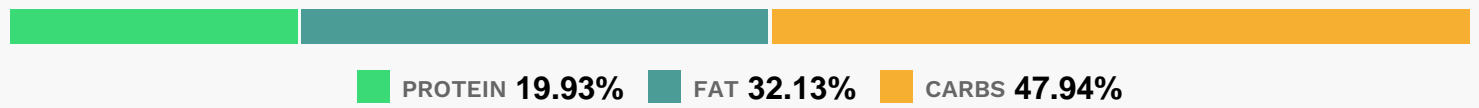
Equipment

- baking sheet
- oven

Directions

- Heat oven to 425°F.
- Spread 1 tablespoon pizza sauce over each English muffin half.
- Sprinkle each with 1 tablespoon of the cheese. Arrange toppings on pizzas.
- Sprinkle with remaining cheese.
- Place on ungreased cookie sheet.
- Bake 5 to 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:11.19, Glycemic Load:9.68, Inflammation Score:-3, Nutrition Score:4.5221739216991%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.02kcal (6.1%), Fat: 4.35g (6.69%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 13.47g (4.9%), Sugar: 0.89g (0.98%), Cholesterol: 9.78mg (3.26%), Sodium: 308.12mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Calcium: 124.56mg (12.46%), Phosphorus: 113.96mg (11.4%), Vitamin C: 9.05mg (10.97%), Vitamin A: 385.42IU (7.71%), Manganese: 0.13mg (6.33%), Vitamin B2: 0.1mg (6.15%), Zinc: 0.71mg (4.71%), Fiber: 1.13g (4.52%), Vitamin B1: 0.06mg (4.09%), Folate: 16.2µg (4.05%), Vitamin B12: 0.22µg (3.64%), Vitamin B3: 0.68mg (3.4%), Potassium: 115.47mg (3.3%), Magnesium: 13mg (3.25%), Selenium: 2.15µg (3.08%), Copper: 0.06mg (2.96%), Iron: 0.5mg (2.78%), Vitamin B6: 0.06mg (2.78%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.35mg (2.34%)