



English Muffin Pizzas

READY IN



75 min.

SERVINGS



12

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 small carrots grated
- ☐ 1 slices bacon hot assorted cooked sliced chopped
- ☐ 6 muffins split english
- ☐ 1 clove garlic sliced
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 2 cups bell pepper red chopped

- ☐ 0.3 cup romano cheese grated
- ☐ 6 ounces mozzarella cheese shredded
- ☐ 1 medium zucchini cut into 1/2-inch pieces 3 cups

Equipment

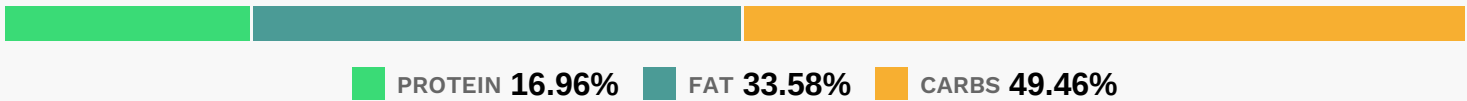
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ kitchen towels
- ☐ toaster
- ☐ immersion blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a large pot over medium-high heat.
- ☐ Add the onions and cook, stirring, until softened and starting to brown, about 5 minutes. Stir in the carrots, peppers and zucchini and cook, stirring, until softened, about 15 minutes.
- ☐ Add the garlic, 1 teaspoon salt and 1/4 teaspoon pepper. Continue to cook, stirring, until the vegetables are lightly browned, for 10 minutes.
- ☐ Stir in the crushed tomatoes.
- ☐ Add 1 cup water to the empty tomato can and pour into the pot. Reduce the heat to medium low and simmer until the vegetables are very soft, the sauce has thickened slightly and the rawness from the canned tomatoes has mellowed, about 20 minutes. Puree the vegetables with a hand blender or transfer to a blender and puree until smooth, holding down the lid with a kitchen towel to prevent the hot sauce from spraying. Season with additional salt and pepper if needed and cool. You will have about 5 cups of sauce.
- ☐ While the sauce simmers, lay the English muffin halves in a single layer on a baking sheet and lightly toast in a toaster oven set to broil or under an oven broiler, 2 to 3 minutes.

- ☐
- Spread the top of each muffin with 1 to 2 tablespoons of sauce.
- ☐
- Combine the 2 cheeses and sprinkle over the sauce. To serve as a snack right away, add your desired toppings and place the assembled pizzas under the broiler in the oven or toaster oven until the cheese is melted, 2 to 3 minutes.
- ☐
- Place the entire tray of mini pizzas in the freezer and freeze until hard, about 1 hour. Stack in a plastic freezer bag until ready to eat. To reheat, place the frozen pizzas on a piece of heavy-duty foil, add any toppings you like and bake in a toaster oven at 400 degrees F until golden, hot and the cheese is melted, 13 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:29.15, Glycemic Load:11.93, Inflammation Score:-9, Nutrition Score:12.889999834092%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 186.42kcal (9.32%), Fat: 7.17g (11.04%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 20.34g (7.4%), Sugar: 6.05g (6.72%), Cholesterol: 14.02mg (4.67%), Sodium: 353.86mg (15.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Vitamin C: 43.37mg (52.57%), Vitamin A: 2450.4IU (49.01%), Manganese: 0.35mg (17.38%), Phosphorus: 151.53mg (15.15%), Calcium: 145.29mg (14.53%), Fiber: 3.43g (13.71%), Vitamin B6: 0.27mg (13.39%), Potassium: 410.03mg (11.72%), Vitamin E: 1.67mg (11.14%), Folate: 42.3µg (10.58%), Vitamin B2: 0.18mg (10.39%), Vitamin B1: 0.15mg (9.94%), Copper: 0.19mg (9.49%), Vitamin B3: 1.77mg (8.87%), Magnesium: 32.93mg (8.23%), Iron: 1.47mg (8.19%), Vitamin K: 8.58µg (8.17%), Zinc: 1.05mg (7%), Vitamin B12: 0.37µg (6.09%), Selenium: 3.69µg (5.27%), Vitamin B5: 0.52mg (5.18%)