



Lasagna Pizza Cups

READY IN



45 min.

SERVINGS



45

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7.5 oz biscuits refrigerated canned
- ☐ 2 garlic clove minced
- ☐ 0.5 pound ground beef lean
- ☐ 1 small onion chopped
- ☐ 15 oz tomato sauce
- ☐ 0.5 cup ricotta cheese
- ☐ 3 oz mozzarella cheese shredded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375
- ☐ Cook first 3 ingredients in a large skillet over medium heat, stirring occasionally, 5 minutes or until meat crumbles and is no longer pink.
- ☐ Drain well. Return meat mixture to skillet; stir in 1 cup pizza sauce.
- ☐ Remove from heat.
- ☐ Press biscuits on bottom and up sides of lightly greased muffin cups. Spoon about 1 rounded tablespoonful meat mixture into each biscuit cup; top with ricotta cheese (about 1 heaping teaspoonful each).
- ☐ Sprinkle with shredded cheese.
- ☐ Bake at 375 for 18 to 20 minutes or until golden.
- ☐ Remove from oven, and gently run a knife around outer edge of pizza cups to loosen from sides of pan.
- ☐ Remove cups from pan, using a spoon.
- ☐ Place remaining pizza sauce in a small microwave-safe glass bowl; cover with plastic wrap. Microwave at HIGH 30 to 45 seconds or until thoroughly heated.
- ☐ Serve pizza cups with warm sauce.
- ☐ Note: For testing purposes only, we used Pillsbury Buttermilk Biscuits and Rag Homemade Style Pizza Sauce.

Nutrition Facts



 PROTEIN 23.6%  FAT 43.66%  CARBS 32.74%

Properties

Glycemic Index:4.91, Glycemic Load:1.69, Inflammation Score:-1, Nutrition Score:1.714782597902%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 37.7kcal (1.89%), Fat: 1.84g (2.83%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.88g (1.05%), Sugar: 0.6g (0.66%), Cholesterol: 6.07mg (2.02%), Sodium: 106.88mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Phosphorus: 44.55mg (4.45%), Selenium: 2.57µg (3.67%), Vitamin B12: 0.17µg (2.87%), Vitamin B3: 0.54mg (2.68%), Zinc: 0.39mg (2.61%), Vitamin B2: 0.04mg (2.31%), Iron: 0.39mg (2.17%), Calcium: 19.94mg (1.99%), Vitamin B6: 0.04mg (1.83%), Potassium: 63.22mg (1.81%), Vitamin B1: 0.03mg (1.76%), Manganese: 0.03mg (1.71%), Vitamin E: 0.22mg (1.46%), Vitamin A: 66.09IU (1.32%), Folate: 5.17µg (1.29%), Magnesium: 4.2mg (1.05%), Copper: 0.02mg (1.02%)