



Mini muffin pizzas

READY IN



25 min.

SERVINGS



2

CALORIES



301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 breakfast muffin english cut in half
- ☐ 1 tbsp tomato purée
- ☐ 1 tsp pesto red
- ☐ 1 tbsp olive oil
- ☐ 2 button mushrooms sliced
- ☐ 0.5 small onion red sliced
- ☐ 0.5 small courgette grated
- ☐ 1 slice ham cut into small pieces
- ☐ 25 g cheddar cheese grated

- ☐ 2 servings little gem lettuce leaves
- ☐ 2 servings mustard and cress
- ☐ 2 tbsp vinaigrette dressing

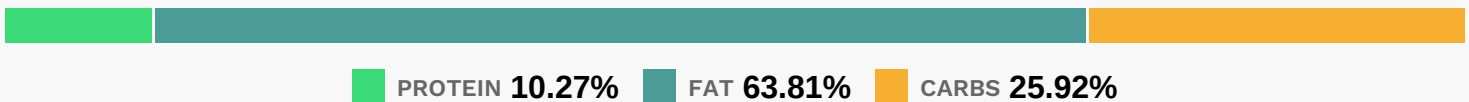
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat the grill to high and toast the muffin halves until golden. Leave the grill on.
- ☐ Mix the tomato pure and pesto and spread over the cut sides of the muffins.
- ☐ Heat the oil in a frying pan and cook the mushrooms, onion and courgette for 4–5 minutes until softened and golden.
- ☐ Season, then divide the vegetables between the two muffin halves, scatter over the ham or salami and top with the grated cheese.
- ☐ Place under the grill and cook for 4 minutes or until bubbling.
- ☐ Cut each muffin half in half again, and serve on two plates with the lettuce and mustard and cress tossed in vinaigrette.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:10.16, Inflammation Score:-9, Nutrition Score:11.52086940019%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 301.41kcal (15.07%), Fat: 21.75g (33.46%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 17.67g (6.42%), Sugar: 3.61g (4.01%), Cholesterol: 16.25mg (5.42%), Sodium: 352.52mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Vitamin A: 2087.85IU (41.76%), Vitamin K: 27.39µg (26.09%), Vitamin C: 13.72mg (16.63%), Vitamin B2: 0.26mg (15.44%), Phosphorus: 152.76mg (15.28%), Manganese: 0.29mg (14.71%), Vitamin E: 2.12mg (14.13%), Calcium: 128.8mg (12.88%), Vitamin B1: 0.17mg (11.07%), Selenium: 7.2µg (10.29%), Folate: 39.76µg (9.94%), Potassium: 333.8mg (9.54%), Vitamin B6: 0.18mg (9.2%), Vitamin B3: 1.82mg (9.08%), Fiber: 2.21g (8.86%), Copper: 0.16mg (8.14%), Zinc: 1.17mg (7.81%), Vitamin B5: 0.66mg (6.57%), Magnesium: 25.55mg (6.39%), Iron: 1.04mg (5.77%), Vitamin B12: 0.28µg (4.63%)