



## Mini Pizzas

READY IN



20 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 muffins english toasted cut in half,
- 0.3 cup parmesan cheese grated kraft
- 24 slices oscar mayer pepperoni
- 0.5 cup classico pizza sauce traditional
- 1 cup mozzarella cheese shredded kraft

## Equipment

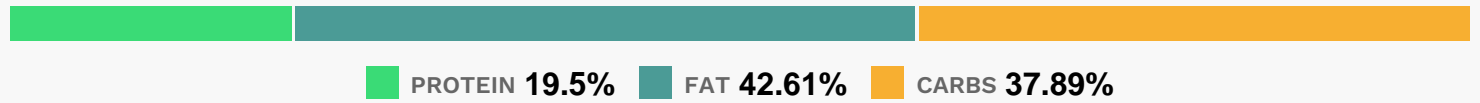
- baking sheet
- oven

aluminum foil

## Directions

- Heat oven to 400F.
- Place muffin halves on foil-covered baking sheet; spread with pizza sauce.
- Top with remaining ingredients.
- Bake 8 to 10 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:19.24, Inflammation Score:-4, Nutrition Score:9.1191304662953%

## Nutrients (% of daily need)

Calories: 312.09kcal (15.6%), Fat: 14.68g (22.59%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 27.38g (9.96%), Sugar: 1.38g (1.54%), Cholesterol: 39.2mg (13.07%), Sodium: 884.18mg (38.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Phosphorus: 241.78mg (24.18%), Calcium: 232.86mg (23.29%), Manganese: 0.32mg (16.07%), Selenium: 10.61µg (15.16%), Vitamin B12: 0.9µg (15.03%), Vitamin B2: 0.24mg (14.08%), Zinc: 1.85mg (12.32%), Vitamin B1: 0.15mg (10.21%), Vitamin B3: 1.83mg (9.14%), Fiber: 2g (7.99%), Vitamin A: 375.95IU (7.52%), Folate: 26.78µg (6.7%), Magnesium: 26.51mg (6.63%), Potassium: 231.29mg (6.61%), Copper: 0.13mg (6.26%), Iron: 1.11mg (6.18%), Vitamin B6: 0.11mg (5.67%), Vitamin B5: 0.55mg (5.51%), Vitamin E: 0.65mg (4.33%), Vitamin C: 2.2mg (2.67%), Vitamin K: 2.3µg (2.19%), Vitamin D: 0.3µg (2%)