



Mozzarella Puffs

READY IN



20 min.

SERVINGS



10

CALORIES



104 kcal

SIDE DISH

Ingredients

- 7.5 ounce biscuits refrigerated
- 3 ounces mozzarella cheese cut into 3/4 inch cubes
- 1 teaspoon oregano dried
- 2 tablespoons tomato sauce

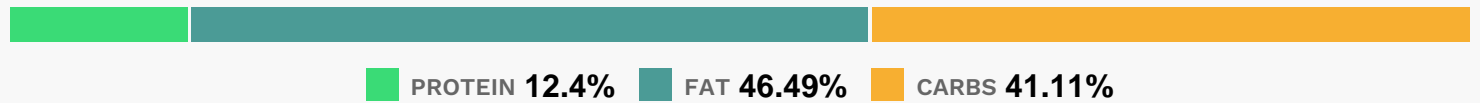
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Make an indentation in the top of each uncooked biscuit. Fill indentations with oregano and a mozzarella cube. Pinch the dough around the mozzarella cubes.
- Place the biscuits, pinched side down, on a medium, ungreased baking sheet. Cover with pizza sauce.
- Bake in the preheated oven 10 to 12 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:6.63, Inflammation Score:-3, Nutrition Score:3.292173895499%

Nutrients (% of daily need)

Calories: 104.37kcal (5.22%), Fat: 5.43g (8.35%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 10.39g (3.78%), Sugar: 0.94g (1.05%), Cholesterol: 6.93mg (2.31%), Sodium: 267.88mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Phosphorus: 122.64mg (12.26%), Selenium: 5.47µg (7.81%), Vitamin B1: 0.09mg (6.29%), Calcium: 56.98mg (5.7%), Vitamin B2: 0.09mg (5.24%), Manganese: 0.1mg (4.95%), Iron: 0.84mg (4.67%), Folate: 16.22µg (4.06%), Vitamin B3: 0.76mg (3.8%), Vitamin B12: 0.22µg (3.73%), Vitamin E: 0.38mg (2.51%), Zinc: 0.36mg (2.42%), Vitamin K: 2.39µg (2.28%), Potassium: 65.52mg (1.87%), Fiber: 0.41g (1.63%), Magnesium: 6.31mg (1.58%), Vitamin A: 74.31IU (1.49%), Copper: 0.02mg (1.16%)