



Muffin Tin Pizza Cups

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 packet yeast dry
- ☐ 2 cups bread flour
- ☐ 1 handful cherry tomatoes halved
- ☐ 6 servings basil fresh
- ☐ 0.5 bell pepper diced green
- ☐ 0.3 cup mozzarella cheese
- ☐ 3 mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup olives sliced

- ☐ 0.3 small onion diced
- ☐ 1 handful pepperoni
- ☐ 1 chicken breast strips/pre-cooked/chopped
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup tomato sauce
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Mix yeast, sugar, and water together and let sit until dissolved.
- ☐ Add 1 cup of flour and the salt; mix until smooth. Cover the dough and let it sit for about 20 minutes.
- ☐ Then, in the bowl of an electric mixer begin mixing dough on low, after a few minutes add the second cup of flour. (Alternately, you can do this by hand.) Allow the dough to rise for an hour. Use this time to prepare your filling.
- ☐ Preheat oven to 375°F. Grease a muffin pan, and dust it lightly with flour. Punch the dough down, and roll it out into a rectangle about 1/4-by-8-by-16 inches.
- ☐ Cut your dough into six squares.
- ☐ Place the squares into the muffin pan.
- ☐ Fill up the dough with your choice of toppings.
- ☐ Bake the pizza cups at 375°F for about 15 minutes or until the cheese is bubbly and the crust is golden brown. Cool for a few minutes then serve.

Nutrition Facts



 PROTEIN **23.28%**  FAT **27.87%**  CARBS **48.85%**

Properties

Glycemic Index:62.68, Glycemic Load:20.96, Inflammation Score:-5, Nutrition Score:12.422174018362%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 290.84kcal (14.54%), Fat: 9g (13.85%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 32.95g (11.98%), Sugar: 3.22g (3.57%), Cholesterol: 29.44mg (9.81%), Sodium: 737.6mg (32.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.84%), Selenium: 26.97µg (38.52%), Vitamin B3: 5.75mg (28.73%), Manganese: 0.44mg (22.13%), Vitamin C: 14.45mg (17.52%), Phosphorus: 162.77mg (16.28%), Vitamin B6: 0.3mg (14.93%), Vitamin B1: 0.22mg (14.35%), Folate: 52.7µg (13.18%), Vitamin K: 13.79µg (13.14%), Vitamin E: 1.86mg (12.37%), Vitamin B2: 0.2mg (11.62%), Copper: 0.21mg (10.63%), Fiber: 2.55g (10.2%), Potassium: 341.54mg (9.76%), Vitamin B5: 0.94mg (9.38%), Vitamin A: 450.8IU (9.02%), Magnesium: 32.36mg (8.09%), Iron: 1.41mg (7.86%), Zinc: 1.12mg (7.46%), Calcium: 59.34mg (5.93%), Vitamin B12: 0.25µg (4.11%)