



Pepperoni Puffs

READY IN



45 min.

SERVINGS



24

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 1.5 cups pepperoni diced
- ☐ 1 cup cheddar cheese shredded

Equipment

- ☐ oven

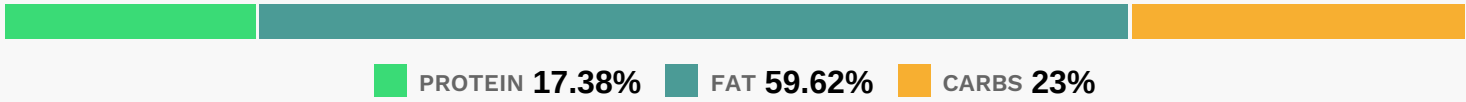
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muffin liners

Directions

- ☐ Combine flour, baking powder, milk, egg and cheese; mix well. Stir in pepperoni; let stand for 15 minutes.
- ☐ Spoon into greased mini muffin cups, filling 3/4 full.
- ☐ Bake at 350 degrees for 25 to 35 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:3.15, Inflammation Score:-1, Nutrition Score:2.6595652258914%

Nutrients (% of daily need)

Calories: 82.57kcal (4.13%), Fat: 5.42g (8.34%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.53g (0.58%), Cholesterol: 19.6mg (6.53%), Sodium: 166.62mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Selenium: 5.9µg (8.43%), Calcium: 58.74mg (5.87%), Phosphorus: 55.9mg (5.59%), Vitamin B2: 0.09mg (5.12%), Vitamin B1: 0.07mg (4.52%), Manganese: 0.08mg (3.95%), Vitamin B12: 0.21µg (3.55%), Vitamin B3: 0.67mg (3.37%), Zinc: 0.45mg (2.98%), Folate: 11.73µg (2.93%), Iron: 0.39mg (2.19%), Vitamin B6: 0.04mg (2.02%), Vitamin B5: 0.19mg (1.92%), Vitamin D: 0.27µg (1.79%), Vitamin A: 73.55IU (1.47%), Potassium: 46.36mg (1.32%), Magnesium: 5.17mg (1.29%)