



Pepperoni-Sausage Pizza Puffs

READY IN



45 min.

SERVINGS



24

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 ounces sausage meat crumbled cooked reduced-fat
- ☐ 0.8 cup milk
- ☐ 24 servings pizza sauce warmed jarred
- ☐ 4 oz mozzarella cheese shredded
- ☐ 0.5 cup turkey pepperoni miniature

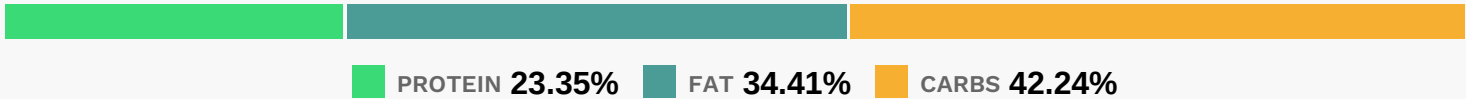
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 37
- ☐ Whisk together flour, baking powder, and garlic powder in a large bowl.
- ☐ Whisk in milk and egg. Stir in mozzarella cheese, sausage, and pepperoni.
- ☐ Let batter stand 10 minutes, and stir until blended. Coat cups of a 24-cup miniature muffin pan well with cooking spray. Spoon batter into muffin cups.
- ☐ Bake 15 to 18 minutes or until puffed and golden.
- ☐ Serve with warm pizza sauce.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:4.45, Inflammation Score:-5, Nutrition Score:6.8008696359137%

Nutrients (% of daily need)

Calories: 91.6kcal (4.58%), Fat: 3.7g (5.7%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 8.28g (3.01%), Sugar: 4.8g (5.33%), Cholesterol: 20.93mg (6.98%), Sodium: 750.77mg (32.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Vitamin E: 1.81mg (12.05%), Potassium: 420.18mg (12.01%), Vitamin A: 590.58IU (11.81%), Vitamin C: 8.61mg (10.43%), Iron: 1.61mg (8.96%), Vitamin B3: 1.68mg (8.41%), Copper: 0.16mg (8.09%), Vitamin B2: 0.14mg (8.06%), Manganese: 0.16mg (8.04%), Fiber: 1.95g (7.8%), Phosphorus: 74.73mg (7.47%), Vitamin B6: 0.15mg (7.34%), Calcium: 61.1mg (6.11%), Magnesium: 24.08mg (6.02%), Zinc: 0.81mg (5.37%), Vitamin B1: 0.08mg (5.32%), Selenium: 3.59µg (5.12%), Vitamin B5: 0.49mg (4.91%), Folate: 19.64µg (4.91%), Vitamin K: 3.6µg (3.43%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.2µg (1.34%)