



## Pizza Bites

READY IN



45 min.

SERVINGS



24

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup canadian bacon chopped
- 14 ounce muffins english mini
- 0.3 cup bell pepper green chopped
- 0.3 cup parmesan cheese fresh grated
- 3 ounces part-skim mozzarella cheese shredded

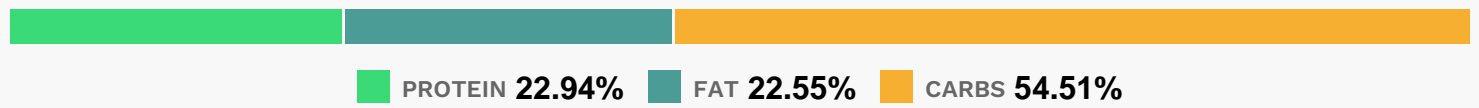
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 40
- Combine mozzarella and Parmesan cheeses; set aside.
- Cut each muffin in half horizontally and place on an ungreased baking sheet.
- Sprinkle bacon, green bell pepper, and cheese mixture evenly on muffin halves.
- Bake at 400 for 10 to 12 minutes or until lightly browned.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:5.39, Inflammation Score:-1, Nutrition Score:1.894782602787%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 58.88kcal (2.94%), Fat: 1.45g (2.24%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.42g (2.7%), Sugar: 0.1g (0.11%), Cholesterol: 4.86mg (1.62%), Sodium: 150.69mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Phosphorus: 56.44mg (5.64%), Calcium: 53.23mg (5.32%), Vitamin B1: 0.06mg (3.8%), Manganese: 0.06mg (3.15%), Vitamin B2: 0.05mg (2.77%), Vitamin B3: 0.48mg (2.41%), Selenium: 1.64µg (2.35%), Vitamin C: 1.68mg (2.04%), Zinc: 0.3mg (2%), Fiber: 0.48g (1.93%), Folate: 6.87µg (1.72%), Magnesium: 5.66mg (1.42%), Vitamin B6: 0.03mg (1.42%), Copper: 0.03mg (1.28%), Vitamin B12: 0.07µg (1.24%), Potassium: 40.84mg (1.17%), Iron: 0.2mg (1.09%), Vitamin B5: 0.1mg (1.02%)