



Pizza bites with pumpkin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 600 g pumpkin cleaned
- 2 Tbs olive oil
- 120 g feta cheese crumbled
- 120 g mozzarella cheese
- 2 eggs
- 2 tsp oregano dried
- 4 Tbs parsley chopped
- 4 cloves garlic minced

Equipment

- food processor
- frying pan
- oven
- muffin tray

Directions

- Chop pumpkin using a food processor until rice-like.
- Saut pumpkin in hot olive oil for 3 minutes. Set aside and let cool.
- Mix feta and mozzarella; add, one at a time, eggs.
- Mix and combine.
- Add pumpkin and spices, mix well until well blended.
- Evenly spoon the mixture into the greased muffin tin molds. Press pizza dough down evenly and firmly (the pressing down firmly is very important to make sure they stick together).
- Place in the oven and bake for 30 minutes at 200C.
- Remove the pizza bites from the oven and let set until cool (this is also very important let the pizza bites set in their pan for 5 10 minutes before removing if you take them out while they are too hot they will break).

Nutrition Facts



PROTEIN 19.52% FAT 63.44% CARBS 17.04%

Properties

Glycemic Index:48.25, Glycemic Load:7.3, Inflammation Score:-10, Nutrition Score:22.757826086957%

Flavonoids

Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 79.93%, Saltiness: 76.31%, Sourness: 23.31%, Bitterness: 14.33%, Savoriness: 52.28%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 310.06kcal (15.5%), Fat: 22.48g (34.59%), Saturated Fat: 9.69g (60.56%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 12.26g (4.46%), Sugar: 4.63g (5.14%), Cholesterol: 132.24mg (44.08%), Sodium: 565.84mg (24.6%), Protein: 15.57g (31.14%), Vitamin A: 13553.39IU (271.07%), Vitamin K: 75.13µg (71.55%), Calcium: 368.34mg (36.83%), Vitamin B2: 0.62mg (36.2%), Phosphorus: 324.99mg (32.5%), Selenium: 17.27µg (24.68%), Vitamin C: 19.51mg (23.65%), Vitamin B12: 1.39µg (23.11%), Vitamin E: 3.14mg (20.9%), Potassium: 626.25mg (17.89%), Zinc: 2.6mg (17.36%), Vitamin B6: 0.32mg (15.86%), Manganese: 0.31mg (15.61%), Iron: 2.57mg (14.27%), Folate: 54.04µg (13.51%), Copper: 0.24mg (11.98%), Vitamin B5: 1.16mg (11.58%), Vitamin B1: 0.15mg (9.99%), Magnesium: 37.42mg (9.36%), Vitamin B3: 1.36mg (6.79%), Fiber: 1.32g (5.28%), Vitamin D: 0.68µg (4.53%)