



Pizza Cupcakes

READY IN



30 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup pepperoni mini
- 0.5 cup tomato sauce
- 8 oz regular crescent rolls refrigerated pillsbury® canned
- 0.3 lb ground sausage italian cooked drained
- 2 oz mozzarella cheese shredded

Equipment

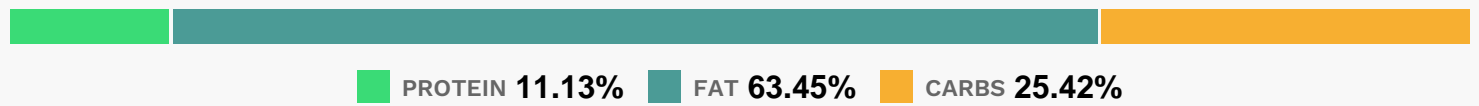
- bowl
- oven

muffin liners

Directions

- Heat oven to 375°F. Spray 8 regular-size muffin cups with cooking spray. Unroll dough; separate into 8 triangles. Press into muffin cups.
- In small bowl, mix sauce, pepperoni, sausage and 1/4 cup of the cheese. Spoon about 2 tablespoons mixture into each dough-lined cup; sprinkle each with about 1 teaspoon additional cheese.
- Bake 16 to 18 minutes or until lightly browned. Immediately remove from cups and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:2.9604347736939%

Nutrients (% of daily need)

Calories: 191kcal (9.55%), Fat: 13.8g (21.23%), Saturated Fat: 5.71g (35.7%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 12.21g (4.44%), Sugar: 3.45g (3.84%), Cholesterol: 19.8mg (6.6%), Sodium: 498.97mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.89%), Selenium: 5.84µg (8.34%), Vitamin B1: 0.1mg (6.39%), Vitamin B12: 0.34µg (5.61%), Phosphorus: 54.93mg (5.49%), Iron: 0.75mg (4.16%), Calcium: 41.16mg (4.12%), Vitamin B3: 0.8mg (3.98%), Zinc: 0.58mg (3.87%), Vitamin B2: 0.06mg (3.7%), Vitamin B6: 0.07mg (3.65%), Potassium: 96.4mg (2.75%), Manganese: 0.05mg (2.39%), Vitamin A: 114.21IU (2.28%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.17mg (1.71%), Copper: 0.03mg (1.65%), Vitamin C: 1.36mg (1.64%), Magnesium: 6.33mg (1.58%)