



Pizza Cups



Gluten Free



Popular

READY IN



40 min.

SERVINGS



18

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 teaspoon spicy pizza seasoning
- ☐ 0.5 teaspoon salt
- ☐ 14 oz tomato sauce
- ☐ 8 oz mozzarella cheese shredded
- ☐ 36 wonton skins

Equipment

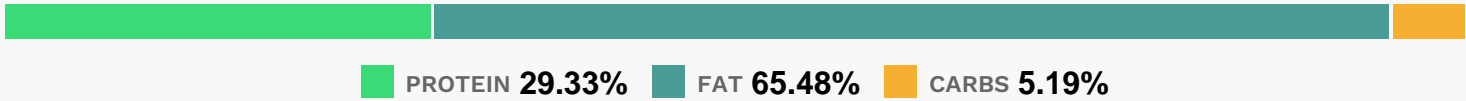
- ☐ frying pan

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. Spray 18 muffin cups with cooking spray.
- ☐ In 10-inch skillet, brown beef with pizza seasoning and salt over medium-high heat until beef is browned; drain. Return beef to skillet; stir in pizza sauce.
- ☐ Place 1 wonton skin in each muffin cup. Divide half of ground beef evenly among muffin cups. Top each with about 1 tablespoon cheese. Repeat layers starting with second wonton skin.
- ☐ Bake 20 minutes or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:4.28, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:4.273478269577%

Nutrients (% of daily need)

Calories: 118.27kcal (5.91%), Fat: 8.55g (13.15%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.92g (1.02%), Cholesterol: 29.75mg (9.92%), Sodium: 301.78mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.23%), Vitamin B12: 0.83µg (13.78%), Zinc: 1.47mg (9.82%), Phosphorus: 90.54mg (9.05%), Selenium: 6.06µg (8.66%), Calcium: 73.67mg (7.37%), Vitamin B3: 1.3mg (6.51%), Vitamin B6: 0.11mg (5.44%), Vitamin B2: 0.09mg (5.17%), Iron: 0.82mg (4.53%), Potassium: 144.52mg (4.13%), Vitamin A: 183.54IU (3.67%), Vitamin E: 0.47mg (3.1%), Magnesium: 10.41mg (2.6%), Copper: 0.04mg (2.14%), Vitamin B5: 0.21mg (2.13%), Vitamin K: 2.05µg (1.95%), Vitamin C: 1.56mg (1.89%), Manganese: 0.04mg (1.78%), Fiber: 0.38g (1.51%), Vitamin B1: 0.02mg (1.34%), Folate: 4.89µg (1.22%)