



Pizza Muffins

READY IN



18 min.

SERVINGS



100

CALORIES



25 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.8 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 6 tablespoons olive oil divided
- ☐ 0.3 cup onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.8 teaspoon salt

- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 cup sacramento tomato juice
- ☐ 0.3 cup turkey pepperoni diced

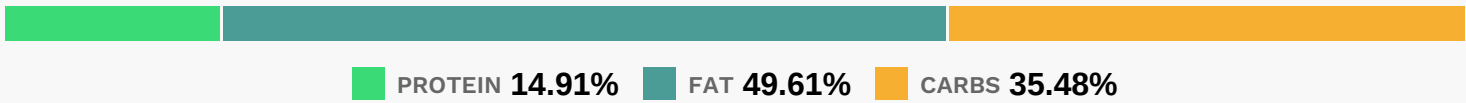
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Saut onion and garlic in 2 Tbsp. hot oil in a large skillet over medium-high heat 2 to 3 minutes or until tender. Set aside.
- ☐ Combine flour and next 5 ingredients in a large bowl; make a well in center of mixture.
- ☐ Stir together onion mixture, tomato juice, egg, and remaining 4 Tbsp. oil, blending well; add to flour mixture, stirring just until dry ingredients are moistened. Spoon mixture into lightly greased muffin pans, filling two-thirds full.
- ☐ Sprinkle evenly with grated Parmesan cheese.
- ☐ Bake at 400 for 20 minutes or until lightly browned.
- ☐ Let stand 3 minutes before removing from pans.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:0.80869564997113%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 24.91kcal (1.25%), Fat: 1.38g (2.12%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.13g (0.14%), Cholesterol: 3.92mg (1.31%), Sodium: 57mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Selenium: 1.38µg (1.98%), Calcium: 18.15mg (1.81%), Vitamin B1: 0.02mg (1.45%), Phosphorus: 13.91mg (1.39%), Folate: 5.55µg (1.39%), Vitamin B2: 0.02mg (1.21%), Manganese: 0.02mg (1.09%), Iron: 0.18mg (1.02%)