



## Pizza Mummy Muffins

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.8 teaspoon seasoning italian
- 6 oz mozzarella cheese shredded
- 2 oz cheddar cheese shredded
- 2 oz pepperoni chopped
- 0.5 cup all natural tomato soup (from)
- 0.3 cup milk
- 16 slices olives ripe
- 1.5 cups frangelico

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F. Grease bottoms only of 8 regular-size muffin cups with shortening or cooking spray.
- In large bowl, stir Bisquick mix, Italian seasoning, 1/4 cup of the mozzarella cheese, the Cheddar cheese and pepperoni. Stir in tomato soup and milk just until blended. Spoon batter into muffin cups, filling almost full.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Immediately sprinkle remaining 1 1/4 cups mozzarella cheese on muffins to look like mummies.
- Place 2 olive slices close together in center of each muffin for eyes.
- Bake 2 minutes longer or until cheese begins to melt. Cool 5 minutes; remove muffins from pan to cooling rack.
- Serve warm.

## Nutrition Facts

**PROTEIN 22.82%** **FAT 69.39%** **CARBS 7.79%**

## Properties

Glycemic Index:20.19, Glycemic Load:0.86, Inflammation Score:-2, Nutrition Score:4.6417391274286%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 144.03kcal (7.2%), Fat: 11.12g (17.11%), Saturated Fat: 5.65g (35.34%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.51g (1.68%), Cholesterol: 31.98mg (10.66%), Sodium: 361.63mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.46%), Calcium: 176.57mg (17.66%), Phosphorus: 132.42mg (13.24%), Vitamin B12: 0.71µg (11.78%), Selenium: 8.17µg (11.68%), Zinc: 1.12mg (7.45%), Vitamin B2: 0.13mg (7.42%), Vitamin A: 278.53IU (5.57%), Manganese: 0.07mg (3.59%), Potassium: 111.47mg (3.18%), Vitamin B6: 0.06mg (2.76%), Magnesium: 10.68mg (2.67%), Vitamin B1: 0.04mg (2.53%), Vitamin K: 2.59µg (2.47%), Vitamin B3: 0.48mg (2.41%), Vitamin D: 0.33µg (2.21%), Vitamin E: 0.31mg (2.09%), Iron: 0.33mg (1.85%), Vitamin B5: 0.18mg (1.83%), Vitamin C: 1.2mg (1.45%)