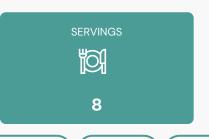


Pizza Mummy Muffins

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

O.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	
Di	rections	
	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		
Glyc	emic 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

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: Og (100%), Alcohol %: O% (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%)