

## Pizza Poppers

READY IN



30 min.

SERVINGS



24

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 24 servings oil of frying
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 inch x1x pieces mozzarella
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 24 slices pepperoni
- ☐ 1 pizza dough homemade store bought ( or )
- ☐ 0.5 cup pizza sauce hot homemade store bought ( or )
- ☐ 24 servings salt and pepper to taste
- ☐ 1 teaspoon seasoning blend italian

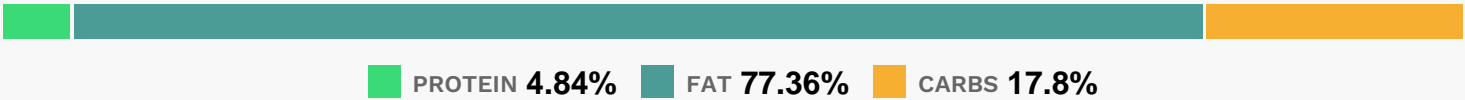
## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Roll the dough out into a 12x8 inch rectangle, cut into 24 2x2 inch squares, top with pizza filling and wrap them up sealing them tightly.
- ☐ Heat some oil in a pan over medium heat and cook until golden brown, about 3–5 minutes, set aside in paper towels to drain, sprinkle on the mixture of the parmesan, oregano, garlic powder, salt and pepper and enjoy while warm, dipped into pizza sauce.

## Nutrition Facts



## Properties

Glycemic Index:5.71, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.2743478864431%

## Nutrients (% of daily need)

Calories: 181.56kcal (9.08%), Fat: 15.86g (24.4%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.85g (2.86%), Sugar: 1.21g (1.35%), Cholesterol: 3.15mg (1.05%), Sodium: 388.1mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin K: 26.56µg (25.29%), Vitamin E: 1.26mg (8.39%), Iron: 0.57mg (3.14%), Calcium: 18.13mg (1.81%), Fiber: 0.36g (1.45%), Phosphorus: 14.4mg (1.44%), Selenium: 0.97µg (1.39%), Manganese: 0.02mg (1.15%)