Pizza Pouches

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
35 min.	**6**	**308 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

☐ 1 eggs

☐ 6 tablespoons tomatoes fresh jarred (such as Rao's)

☐ 1 teaspoon milk (any fat content)

☐ 1 tablespoon parmesan grated

☐ 16 ounce pizza dough store-bought

☐ 6 tablespoons mozzarella cheese shredded

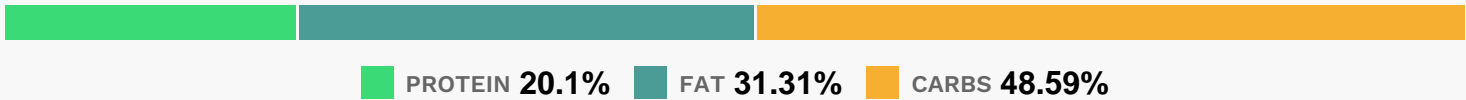☐ 6 turkey meatballs store-bought (such as Murray's or Trader Joe's)

Equipment

- ☐ oven
- ☐ whisk
- ☐ rolling pin
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375°F.
- ☐ Roll the dough out about ¼ inch thick.
- ☐ Cut it into eighths (2 will be left over).
- ☐ Grease a 6-cup muffin tin. Line each cup with a piece of dough, letting the excess hang over the sides.
- ☐ Fill each with 1 tablespoon of sauce and 1 meatball. Divide the cheeses equally among the cups.
- ☐ Gather each bit of excess dough up around the filling, pinching it together at the top.
- ☐ Whisk the egg with the milk to make a wash.
- ☐ Brush it onto each pouch.
- ☐ Bake until golden, 15 to 20 minutes.
- ☐ Pinch off some pizza dough, hand your toddler a rolling pin, and watch him lock in.

Nutrition Facts

PROTEIN 20.1%   **FAT 31.31%**   **CARBS 48.59%**

Properties

Glycemic Index:22.83, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:3.773478269577%

Nutrients (% of daily need)

Calories: 308.11kcal (15.41%), Fat: 10.97g (16.88%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 36.95g (13.44%), Sugar: 5.78g (6.42%), Cholesterol: 66.3mg (22.1%), Sodium: 867.81mg (37.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Iron: 2.98mg (16.58%), Calcium: 111.76mg (11.18%), Phosphorus: 77.54mg (7.75%), Selenium: 5.06µg (7.23%), Vitamin B12: 0.42µg (6.95%), Fiber: 1.36g (5.44%), Vitamin B2: 0.09mg (5.24%), Vitamin A: 212.37IU (4.25%), Zinc: 0.59mg (3.9%), Vitamin E: 0.32mg (2.16%), Potassium: 67.92mg (1.94%), Vitamin B5: 0.19mg (1.87%), Vitamin B6: 0.03mg (1.7%), Magnesium: 6.55mg (1.64%),

Folate: 5.89µg (1.47%), Vitamin D: 0.22µg (1.46%), Vitamin C: 1.05mg (1.27%), Copper: 0.02mg (1.22%), Manganese: 0.02mg (1.14%)

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