



## Pizza Snacks

READY IN



10 min.

SERVINGS



10

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 5 muffins split english
- 0.3 cup mayonnaise
- 4.5 ounces mushrooms drained sliced
- 3 tablespoons olives ripe chopped
- 0.3 cup onion chopped
- 0.5 cup part-skim mozzarella cheese shredded
- 0.3 cup pepperoni chopped
- 0.5 cup cheddar cheese shredded

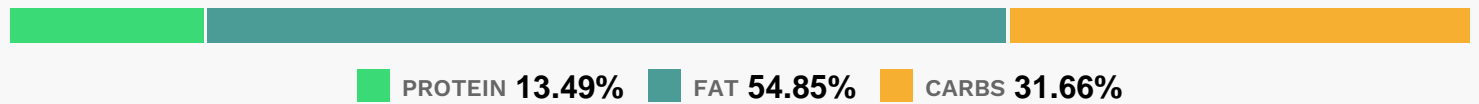
# Equipment

- bowl
- baking sheet
- oven

# Directions

- In a large bowl, combine the first seven ingredients.
- Spread over cut side of each muffin half. Cover and freeze for up to 2 months.
- Place on an ungreased baking sheet.
- Bake at 350° for 20 minutes or until cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:23.9, Glycemic Load:9.5, Inflammation Score:-1, Nutrition Score:4.722608688085%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

# Nutrients (% of daily need)

Calories: 181.89kcal (9.09%), Fat: 11.07g (17.03%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 13.33g (4.85%), Sugar: 0.56g (0.62%), Cholesterol: 16.02mg (5.34%), Sodium: 349.02mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin K: 12.66µg (12.06%), Phosphorus: 109.46mg (10.95%), Calcium: 102.42mg (10.24%), Vitamin B2: 0.15mg (8.79%), Selenium: 4.9µg (7%), Manganese: 0.14mg (6.85%), Vitamin B3: 1.11mg (5.57%), Vitamin B1: 0.08mg (5.19%), Zinc: 0.74mg (4.92%), Copper: 0.09mg (4.49%), Fiber: 1.04g (4.18%), Vitamin B5: 0.41mg (4.09%), Folate: 15.8µg (3.95%), Potassium: 105.62mg (3.02%), Vitamin B12: 0.18µg (3%), Vitamin E: 0.43mg (2.85%), Magnesium: 11.36mg (2.84%), Vitamin B6: 0.05mg (2.66%), Iron: 0.42mg (2.36%), Vitamin A: 97.91IU (1.96%)