



Vegetable-English Muffin Pizzas

READY IN



15 min.

SERVINGS



15

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 muffins whole wheat split english toasted
- 0.3 cup pasilla peppers green chopped
- 1 cup mushroom fresh
- 0.3 cup classico pizza sauce traditional
- 1 Tbsp reduced fat topping parmesan style grated kraft
- 1 cup milk mozzarella cheese shredded 2% kraft

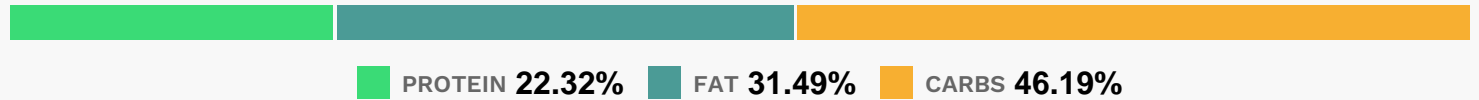
Equipment

- broiler

Directions

- Heat broiler.
- Spread muffin halves with pizza sauce.
- Top with remaining ingredients.
- Broil, 6 inches from heat, 3 to 4 min. or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:3.9586956306644%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 57.35kcal (2.87%), Fat: 2.1g (3.23%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 5.72g (2.08%), Sugar: 1.69g (1.87%), Cholesterol: 6.19mg (2.06%), Sodium: 133.44mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Manganese: 0.29mg (14.32%), Selenium: 8.08µg (11.55%), Calcium: 82.89mg (8.29%), Phosphorus: 79.2mg (7.92%), Fiber: 1.21g (4.83%), Vitamin B2: 0.07mg (4.35%), Vitamin B3: 0.82mg (4.12%), Vitamin B1: 0.06mg (3.72%), Magnesium: 14.05mg (3.51%), Zinc: 0.52mg (3.48%), Copper: 0.06mg (3.1%), Vitamin C: 2.51mg (3.04%), Vitamin B12: 0.18µg (3.01%), Iron: 0.5mg (2.78%), Folate: 9.83µg (2.46%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.05mg (2.26%), Potassium: 78.88mg (2.25%), Vitamin A: 86.01IU (1.72%), Vitamin E: 0.17mg (1.1%)