



4-Ingredient Pizza Bake



Gluten Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz complete seasoning
- ☐ 1 cup water
- ☐ 14 oz tomato sauce
- ☐ 8 oz pepperoni sliced
- ☐ 8 oz mozzarella cheese shredded

Equipment

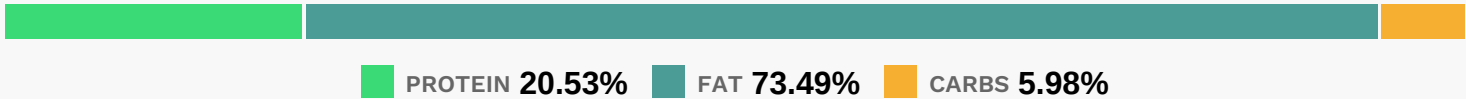
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In medium bowl, stir Bisquick mix and water until soft dough forms. Drop half of dough by spoonfuls evenly in bottom of baking dish (dough will not completely cover bottom of dish).
- ☐ Drizzle about 1 cup pizza sauce over dough. Arrange 1/2 of the pepperoni slices evenly over sauce. Top with 1 cup of the cheese. Repeat layers with remaining dough, pizza sauce, pepperoni and cheese.
- ☐ Bake 20 to 25 minutes or until golden brown.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.11, Inflammation Score:-3, Nutrition Score:7.9569565524226%

Nutrients (% of daily need)

Calories: 239.84kcal (11.99%), Fat: 19.61g (30.17%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 2.85g (1.03%), Sugar: 2.06g (2.29%), Cholesterol: 49.9mg (16.63%), Sodium: 5646.29mg (245.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.65%), Selenium: 13.34µg (19.05%), Vitamin B12: 1.01µg (16.92%), Phosphorus: 158.54mg (15.85%), Calcium: 156.38mg (15.64%), Manganese: 0.23mg (11.51%), Vitamin B2: 0.19mg (10.9%), Zinc: 1.63mg (10.88%), Vitamin B3: 1.94mg (9.68%), Vitamin A: 406.46IU (8.13%), Vitamin B6: 0.16mg (8.09%), Vitamin E: 1.06mg (7.07%), Potassium: 246.57mg (7.04%), Vitamin B1: 0.1mg (6.48%), Iron: 0.98mg (5.43%), Vitamin B5: 0.53mg (5.29%), Magnesium: 18.51mg (4.63%), Copper: 0.09mg (4.54%), Vitamin C: 3.47mg (4.21%), Vitamin K: 3.69µg (3.51%), Vitamin D: 0.48µg (3.21%), Fiber: 0.74g (2.98%), Folate: 7.87µg (1.97%)