

Bisquick Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cornmeal
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.7 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan shredded
- ☐ 10 oz basil pesto prepared
- ☐ 1 plum tomatoes thinly sliced (Roma)
- ☐ 8 oz mozzarella cheese shredded
- ☐ 2.3 cups baking mix original bisquick®

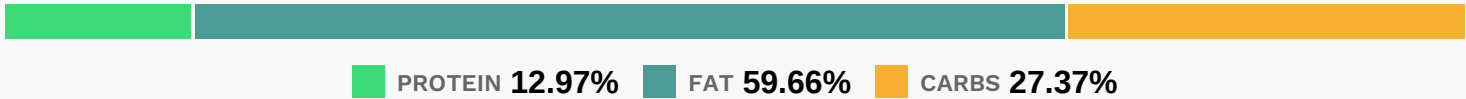
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Spray large cookie sheet with cooking spray.
- ☐ In large bowl, stir Bisquick mix, 1/4 cup cornmeal, and milk until soft dough forms.
- ☐ Turn dough out onto prepared pan. Press out dough into 13x9-inch rectangle, using additional cornmeal as needed. Pierce dough at 1-inch intervals with a fork.
- ☐ Bake 8 minutes, or until just beginning to brown.
- ☐ Spread pesto over crust. Top with tomato and cheeses.
- ☐ Bake 8 to 10 minutes, or until cheese is melted.
- ☐ Sprinkle basil and olive oil over top.
- ☐ Cut into 2 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:33.56, Glycemic Load:2.83, Inflammation Score:-7, Nutrition Score:10.910434676253%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 439.46kcal (21.97%), Fat: 28.97g (44.57%), Saturated Fat: 9.03g (56.46%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 28.07g (10.21%), Sugar: 6.67g (7.41%), Cholesterol: 32.6mg (10.87%), Sodium: 1048.24mg

(45.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.34%), Phosphorus: 375.17mg (37.52%), Calcium: 362.06mg (36.21%), Vitamin A: 1093.27IU (21.87%), Vitamin B2: 0.28mg (16.66%), Vitamin B12: 0.96µg (16.05%), Vitamin B1: 0.23mg (15.63%), Selenium: 9.44µg (13.49%), Folate: 47.97µg (11.99%), Zinc: 1.46mg (9.73%), Vitamin B3: 1.78mg (8.88%), Manganese: 0.17mg (8.73%), Iron: 1.52mg (8.44%), Vitamin K: 7.8µg (7.43%), Fiber: 1.85g (7.39%), Magnesium: 25.95mg (6.49%), Vitamin B5: 0.48mg (4.81%), Vitamin B6: 0.09mg (4.55%), Potassium: 149.4mg (4.27%), Copper: 0.08mg (3.84%), Vitamin E: 0.44mg (2.93%), Vitamin D: 0.37µg (2.46%), Vitamin C: 1.3mg (1.57%)