



California Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado sliced
- 8 ounces tomato sauce canned
- 2 cups roasted chicken cooked
- 0.5 teaspoon basil dried
- 6 ounces monterrey jack cheese shredded
- 0.5 cup olives ripe sliced
- 0.3 teaspoon garlic powder
- 1 teaspoon oregano dried

- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 cup water cold
- 2 cups frangelico
- 2 cups frangelico

Equipment

- baking sheet
- oven
- pizza pan

Directions

- Heat oven to 425F.
- Mix tomato sauce, oregano, basil, salt, garlic powder and pepper; set aside. Stir Bisquick mix and cold water until soft dough forms. Pat or roll dough into 12-inch circle on ungreased cookie sheet with hands dusted with Bisquick mix; pinch edge, forming 1/2-inch rim. Or pat dough in 12-inch pizza pan.
- Sprinkle 1/2 cup of the cheese over dough.
- Spread tomato sauce over top. Top with chicken and olives.
- Sprinkle with remaining 1 cup cheese.
- Bake 20 to 25 minutes or until crust is golden brown and cheese is bubbly.
- Garnish with avocado slices.

Nutrition Facts

 **PROTEIN 29.59%**  **FAT 61.68%**  **CARBS 8.73%**

Properties

Glycemic Index:19.25, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:8.8634783547858%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 198.19kcal (9.91%), Fat: 13.85g (21.3%), Saturated Fat: 5.42g (33.87%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.34g (1.49%), Cholesterol: 45.17mg (15.06%), Sodium: 567.84mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.9%), Phosphorus: 183.64mg (18.36%), Calcium: 180.33mg (18.03%), Vitamin B3: 3.53mg (17.66%), Selenium: 12.08µg (17.25%), Vitamin B6: 0.26mg (13.02%), Vitamin B2: 0.19mg (11.08%), Fiber: 2.53g (10.13%), Zinc: 1.41mg (9.42%), Vitamin E: 1.36mg (9.06%), Vitamin K: 9.4µg (8.95%), Potassium: 313.33mg (8.95%), Vitamin B5: 0.83mg (8.27%), Vitamin A: 375.34IU (7.51%), Folate: 29.57µg (7.39%), Magnesium: 26.95mg (6.74%), Iron: 1.19mg (6.59%), Copper: 0.12mg (6.18%), Vitamin C: 4.5mg (5.46%), Manganese: 0.1mg (4.91%), Vitamin B12: 0.28µg (4.63%), Vitamin B1: 0.05mg (3.42%)