



Caprese Pizza

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving cornmeal yellow (for sprinkling)
- ☐ 0.7 cup water hot
- ☐ 3 tablespoons vegetable oil
- ☐ 2 plum tomatoes fresh sliced (Roma)
- ☐ 6 oz mozzarella fresh sliced
- ☐ 0.5 cup basil fresh
- ☐ 0.5 cup parmesan shredded
- ☐ 3 cups frangelico

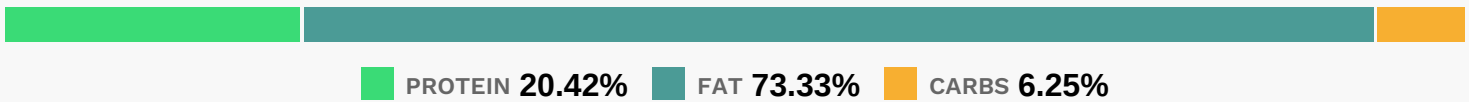
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pizza pan
- ☐ pizza stone

Directions

- ☐ Preheat oven to 450°F. If you're using a pizza stone or 12-inch pizza pan, lightly dust with cornmeal. (If you don't have a pizza stone or pizza pan, prepare cookie sheet lined with parchment paper and dust with cornmeal.)
- ☐ In medium bowl, stir Bisquick mix, water and 2 tablespoons of the oil until soft dough forms. Cover; let stand about 10 minutes. Pat or press dough onto stone or pizza pan into 12-inch circle, using fingers dipped in Bisquick mix.
- ☐ Bake 6 to 7 minutes or until lightly browned around edges.
- ☐ Remove dough from oven and brush with remaining tablespoon of oil and top with sliced tomatoes. Follow with cheese slices, basil, and finish by sprinkling Parmesan across the top.
- ☐ Bake 10 to 12 minutes or until crust is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:0.89, Inflammation Score:-3, Nutrition Score:4.7100000770196%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 141.31kcal (7.07%), Fat: 11.58g (17.82%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.7g (0.78%), Cholesterol: 21.05mg (7.02%), Sodium: 235.31mg (10.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.51%), Calcium: 186.25mg (18.62%), Vitamin K: 17.43µg (16.6%), Phosphorus: 126.02mg (12.6%), Vitamin B12: 0.56µg (9.33%), Vitamin A: 400.78IU (8.02%), Selenium: 5.1µg (7.29%), Zinc: 0.87mg (5.81%), Vitamin B2: 0.09mg (5.07%), Vitamin E: 0.57mg (3.81%), Vitamin C: 2.39mg (2.9%), Magnesium: 11.2mg (2.8%), Manganese: 0.05mg (2.53%), Potassium: 67.09mg (1.92%), Vitamin B6: 0.04mg (1.78%), Iron: 0.27mg (1.51%), Folate: 5.7µg (1.42%), Fiber: 0.33g (1.31%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.25%)