



Cheese Overload Pizza

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups baking mix
- 2.3 oz olives black drained sliced canned
- 1 leaves oregano fresh
- 8 oz tomato sauce canned
- 0.5 cup cheddar cheese shredded
- 1.5 cups mozzarella cheese shredded
- 2 tablespoons vegetable oil
- 0.7 cup water hot

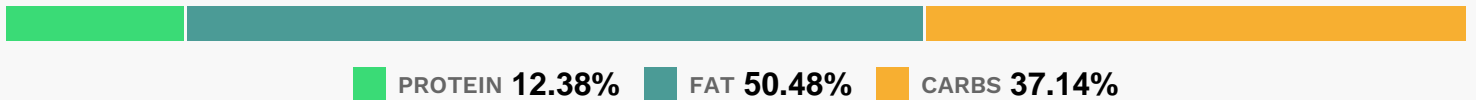
Equipment

- bowl
- oven
- pizza pan

Directions

- Move oven rack to lowest position; heat oven to 450F. Spray 12-inch pizza pan with cooking spray.
- In medium bowl, stir Bisquick mix, hot water and oil with fork until soft dough forms; beat vigorously 20 strokes.
- Let stand 8 minutes.
- Using lightly floured hands, pat or press dough in bottom and 1-inch over side of pizza pan.
- Place 1/2 cup shredded Cheddar along edge of dough. Fold 1-inch edge of dough over and around cheese; press to seal.
- Bake 7 minutes.
- Spread pizza sauce over partially baked crust.
- Sprinkle with the Mozzarella cheese, the remaining 1/2 cup Cheddar and black olives.
- Sprinkle oregano leaves over the entire pizza.
- Bake 9 to 12 minutes longer or until crust is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:14.017391303311%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 444.22kcal (22.21%), Fat: 24.98g (38.43%), Saturated Fat: 8.79g (54.97%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 39.1g (14.22%), Sugar: 8.72g (9.69%), Cholesterol: 32.74mg (10.91%), Sodium: 1349.11mg (58.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.56%), Phosphorus: 504.13mg (50.41%), Calcium: 329.65mg (32.96%), Vitamin B1: 0.37mg (24.52%), Vitamin B2: 0.41mg (24.07%), Folate: 83.05µg (20.76%), Selenium: 12.25µg (17.51%), Vitamin B12: 0.97µg (16.2%), Vitamin B3: 3.17mg (15.83%), Vitamin K: 15.35µg (14.62%), Manganese: 0.26mg (13.11%), Iron: 2.28mg (12.65%), Zinc: 1.62mg (10.78%), Vitamin E: 1.55mg (10.35%), Vitamin A: 494.32IU (9.89%), Fiber: 2.25g (8.99%), Copper: 0.16mg (8%), Magnesium: 30.69mg (7.67%), Vitamin B5: 0.73mg (7.3%), Potassium: 245.16mg (7%), Vitamin B6: 0.1mg (5.23%), Vitamin C: 2.83mg (3.43%), Vitamin D: 0.17µg (1.12%)