



Cheesy Sloppy Joe Pizza

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons spring onion sliced
- ☐ 1 pound ground beef
- ☐ 15.5 ounces sauce canned
- ☐ 2 roma tomatoes thinly sliced (plum)
- ☐ 4 ounces cheddar cheese shredded
- ☐ 0.3 cup water hot
- ☐ 1.5 cups frangelico
- ☐ 1.5 cups frangelico

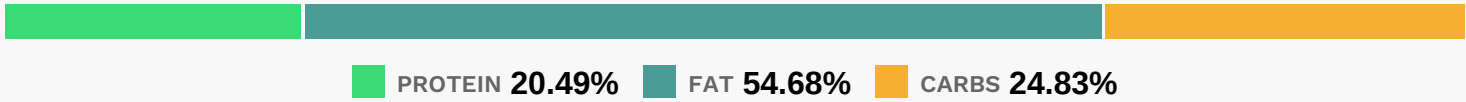
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 45
- ☐ Grease cookie sheet or 12-inch pizza pan. Stir Bisquick and water until soft dough forms. Press dough into 12-inch circle on cookie sheet or press in pizza pan, using fingers dusted with Bisquick; pinch edge to form 1/2-inch rim.
- ☐ Cook beef in 10-inch skillet over medium heat, stirring occasionally, until brown; drain. Stir in sloppy joe sauce. Spoon beef mixture over dough.
- ☐ Sprinkle with cheese.
- ☐ Bake 12 to 15 minutes or until crust is golden brown and cheese is bubbly. Top with tomatoes and onions.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:7.2395651729211%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 272.13kcal (13.61%), Fat: 16.25g (25%), Saturated Fat: 7.08g (44.23%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 16.38g (5.96%), Sugar: 13.18g (14.64%), Cholesterol: 54.43mg (18.14%), Sodium: 791.33mg (34.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.39%), Vitamin B12: 1.36µg (22.73%), Zinc: 2.92mg (19.49%), Selenium: 12.53µg (17.89%), Phosphorus: 158.78mg (15.88%), Vitamin B3: 2.5mg (12.52%), Calcium: 113.35mg (11.33%), Vitamin B6: 0.21mg (10.31%), Vitamin B2: 0.15mg (8.86%), Iron: 1.19mg (6.59%), Potassium: 204.88mg (5.85%), Vitamin A: 286.1IU (5.72%), Vitamin K: 5.69µg (5.42%), Magnesium: 15.57mg (3.89%), Vitamin B5: 0.36mg (3.58%), Vitamin C: 2.41mg (2.92%), Vitamin E: 0.43mg (2.87%), Folate: 10.23µg (2.56%), Copper: 0.05mg (2.56%), Vitamin B1: 0.04mg (2.34%), Manganese: 0.03mg (1.36%)