



Chewy Pizza Bread

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups flour all-purpose
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.8 cup beer
- 0.5 cup pasta sauce
- 0.3 cup mozzarella cheese shredded
- 1 leaves basil fresh chopped

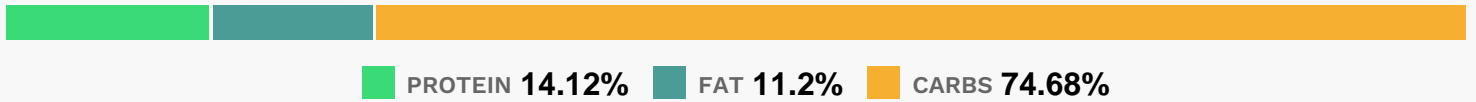
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 425°F. Spray 8-inch square pan with cooking spray.
- In medium bowl, mix flour, baking powder and salt. Stir in beer just until flour is moistened.
- Spread dough in pan.
- Spread pasta sauce over dough.
- Sprinkle with cheese.
- Bake 15 to 20 minutes or until toothpick inserted in center comes out clean.
- Sprinkle with basil.
- Cut into 2-inch squares.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:87.38, Glycemic Load:27.48, Inflammation Score:-5, Nutrition Score:9.4526087563971%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 225.83kcal (11.29%), Fat: 2.64g (4.06%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 39.59g (13.2%), Net Carbohydrates: 37.86g (13.77%), Sugar: 1.31g (1.46%), Cholesterol: 7.37mg (2.46%), Sodium: 656.08mg (28.53%), Alcohol: 1.73g (100%), Alcohol %: 1.64% (100%), Protein: 7.49g (14.97%), Selenium: 17.93µg (25.62%), Vitamin B1:

0.38mg (25.36%), Folate: 91.93µg (22.98%), Manganese: 0.36mg (18.06%), Vitamin B2: 0.29mg (17%), Vitamin B3: 3.31mg (16.54%), Iron: 2.69mg (14.95%), Calcium: 148.76mg (14.88%), Phosphorus: 131.06mg (13.11%), Fiber: 1.73g (6.92%), Copper: 0.11mg (5.34%), Magnesium: 19.92mg (4.98%), Potassium: 160.88mg (4.6%), Zinc: 0.67mg (4.5%), Vitamin A: 202.29IU (4.05%), Vitamin B6: 0.07mg (3.73%), Vitamin B12: 0.22µg (3.69%), Vitamin B5: 0.33mg (3.32%), Vitamin E: 0.49mg (3.25%), Vitamin C: 2.17mg (2.63%), Vitamin K: 1.73µg (1.65%)