



WHATSheATE



Double-Cheese Pepperoni Pizza

READY IN



40 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup water hot
- ☐ 2 tablespoons vegetable oil
- ☐ 4 individual string cheese sticks smoked
- ☐ 0.3 cup tomato paste italian-style
- ☐ 1 small onion thin
- ☐ 0.5 medium bell pepper thinly sliced
- ☐ 4 oz mushroom stems and pieces drained canned
- ☐ 0.5 package pepperoni sliced (3.5-oz size)
- ☐ 2.3 oz olives ripe drained sliced canned

- ☐ 8 oz mozzarella cheese shredded
- ☐ 3 cups frangelico

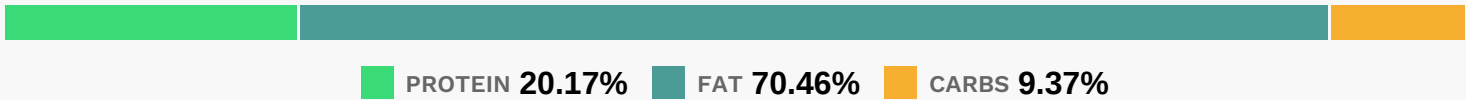
Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza pan

Directions

- ☐ In large bowl, stir Bisquick mix, water and oil until soft dough forms; beat vigorously 20 strokes.
- ☐ Let stand 8 minutes.
- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 450°F. Grease 12-inch pizza pan with shortening or cooking spray. Press dough on bottom and 1 inch over side of pizza pan.
- ☐ Place string cheese along edge of dough. Fold 1 inch edge of dough over and around cheese; press to seal.
- ☐ Bake 7 minutes.
- ☐ Spread tomato paste over crust. Top with onion, bell pepper, mushrooms, pepperoni and olives.
- ☐ Sprinkle with mozzarella cheese.
- ☐ Bake 8 to 10 minutes or until crust is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:6.7508695799371%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 231.21kcal (11.56%), Fat: 18.33g (28.2%), Saturated Fat: 7.79g (48.7%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 4.47g (1.63%), Sugar: 2.24g (2.49%), Cholesterol: 39.07mg (13.02%), Sodium: 664.65mg (28.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.61%), Calcium: 176.48mg (17.65%), Vitamin C: 11.96mg (14.5%), Vitamin B12: 0.76µg (12.68%), Phosphorus: 125.87mg (12.59%), Vitamin A: 582.84IU (11.66%), Selenium: 7.93µg (11.33%), Vitamin K: 8.86µg (8.44%), Vitamin E: 1.2mg (7.99%), Zinc: 1.13mg (7.55%), Vitamin B2: 0.12mg (7.33%), Potassium: 249.69mg (7.13%), Manganese: 0.11mg (5.26%), Vitamin B6: 0.09mg (4.73%), Vitamin B3: 0.82mg (4.11%), Fiber: 1.02g (4.07%), Magnesium: 13.54mg (3.38%), Iron: 0.58mg (3.2%), Vitamin B1: 0.05mg (3.13%), Copper: 0.06mg (2.92%), Folate: 8.73µg (2.18%), Vitamin B5: 0.19mg (1.92%), Vitamin D: 0.23µg (1.52%)