



Double-Crust Halloween Cheese Pizza

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup water hot
- 8 oz tomato sauce canned
- 8 oz cheddar cheese shredded
- 0.5 teaspoon spicy pizza seasoning
- 3 cups frangelico

Equipment

- bowl
- oven

- pizza pan
- cookie cutter

Directions

- Move oven rack to lowest position.
- Heat oven to 450°F. Spray 12-inch pizza pan with cooking spray.
- In large bowl, stir Bisquick mix and hot water with fork until soft dough forms; beat vigorously 20 strokes. Divide dough in half. Press half of the dough in pizza pan, using fingers dipped in Bisquick mix; pinch edge to form 1/2-inch rim.
- Spread pizza sauce over dough. In medium bowl, mix cheese and pizza seasoning; sprinkle over pizza sauce.
- Place remaining dough on surface dusted with Bisquick mix; roll in Bisquick mix to coat. Shape into a ball; knead 5 times.
- Roll dough into 14-inch circle. Use cookie cutters in Halloween shapes to cut shapes from dough (leave 1 inch of dough between cutouts and leave 1 inch of edge of dough uncut). Fold dough circle in half; place over pizza and unfold. Seal edges.
- Place dough cutouts on top of pizza if desired.
- Bake 12 to 15 minutes or until crust is golden brown and cheese is melted.

Nutrition Facts

PROTEIN 25.52% **FAT 66.89%** **CARBS 7.59%**

Properties

Glycemic Index:6.25, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:4.1491304299106%

Nutrients (% of daily need)

Calories: 108.63kcal (5.43%), Fat: 8.17g (12.57%), Saturated Fat: 4.83g (30.21%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.61g (0.59%), Sugar: 1.36g (1.51%), Cholesterol: 26.93mg (8.98%), Sodium: 307.48mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Calcium: 193.38mg (19.34%), Phosphorus: 132.01mg (13.2%), Vitamin B2: 0.11mg (6.43%), Selenium: 4.43µg (6.33%), Vitamin A: 311.7IU (6.23%), Zinc: 0.92mg (6.14%), Vitamin B12: 0.35µg (5.81%), Vitamin E: 0.5mg (3.35%), Potassium: 109.87mg (3.14%), Magnesium: 11.87mg (2.97%), Iron: 0.49mg (2.7%), Vitamin C: 1.99mg (2.41%), Vitamin B6: 0.05mg (2.32%), Copper: 0.04mg (2.18%), Vitamin K: 2.28µg (2.17%), Manganese: 0.04mg (2.14%), Fiber: 0.48g (1.91%), Folate: 6.53µg (1.63%), Vitamin B3:

0.32mg (1.6%), Vitamin B5: 0.16mg (1.59%)