



Easy Cheese Pizza

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baking mix
- 8 ounces tomato sauce canned
- 6 ounces mozzarella cheese shredded
- 0.3 cup water hot

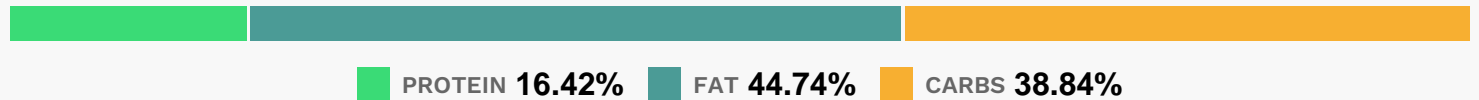
Equipment

- oven
- pizza pan

Directions

- Move oven rack to lowest position.
- Heat oven to 45
- Grease 12-inch pizza pan. Stir baking mix and water until soft dough forms.
- Pat dough in pizza pan, using fingers dipped in baking mix; pinch edge, forming 1/2-inch rim.
- Spread pizza sauce over crust.
- Sprinkle with cheese.
- Bake 12 to 15 minutes or until crust is brown and cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:12.157391190529%

Nutrients (% of daily need)

Calories: 333.78kcal (16.69%), Fat: 16.6g (25.55%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 30.63g (11.14%), Sugar: 7.7g (8.55%), Cholesterol: 34.49mg (11.5%), Sodium: 1110.57mg (48.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Phosphorus: 429.09mg (42.91%), Calcium: 303.83mg (30.38%), Vitamin B2: 0.35mg (20.81%), Vitamin B12: 1.15µg (19.08%), Vitamin B1: 0.29mg (19.01%), Folate: 64.33µg (16.08%), Selenium: 10.94µg (15.63%), Vitamin B3: 2.65mg (13.25%), Manganese: 0.23mg (11.32%), Iron: 1.98mg (10.99%), Zinc: 1.64mg (10.92%), Vitamin A: 534.77IU (10.7%), Potassium: 274.06mg (7.83%), Fiber: 1.8g (7.18%), Copper: 0.14mg (7.12%), Magnesium: 28.46mg (7.11%), Vitamin E: 0.96mg (6.37%), Vitamin B5: 0.63mg (6.33%), Vitamin B6: 0.11mg (5.27%), Vitamin K: 5.49µg (5.23%), Vitamin C: 4.1mg (4.97%), Vitamin D: 0.17µg (1.13%)