



Easy Sausage Pizza Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz sausage meat
- 1 medium onion diced
- 2 cups mushrooms sliced
- 0.5 teaspoon salt
- 1 cup water
- 14 oz tomato sauce
- 8 oz mozzarella cheese shredded
- 3 cups frangelico

Equipment

- bowl
- frying pan
- paper towels
- oven
- slotted spoon

Directions

- Heat oven to 375°F. Grease 13x9-inch pan.
- Cook ground sausage in 10-inch skillet over medium heat until browned.
- Remove with slotted spoon onto paper towel to drain.
- Remove all but 2 tablespoons of the drippings from pan.
- Add diced onion, and cook until translucent but not browned.
- Add sliced mushrooms and salt, and cook until mushrooms are softened and onions are caramelized.
- Remove from heat.
- In medium bowl, stir Bisquick mix and water until soft dough forms. Drop half of the dough by spoonfuls into pan. Dough will not completely cover bottom of pan.
- Spoon half of the pizza sauce over dough; sprinkle with half of the cheese, and scatter with half of the sausage mixture. Repeat layers with the rest of the dough, sauce, cheese and sausage mixture.
- Bake 25 to 30 minutes or until golden.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:1.48, Inflammation Score:-4, Nutrition Score:8.3330434923587%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 193.92kcal (9.7%), Fat: 14.1g (21.69%), Saturated Fat: 6.26g (39.13%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.1g (1.49%), Sugar: 3.12g (3.46%), Cholesterol: 42.81mg (14.27%), Sodium: 741.78mg (32.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.1%), Phosphorus: 176.65mg (17.67%), Calcium: 157.52mg (15.75%), Vitamin B12: 0.9µg (14.95%), Vitamin B2: 0.25mg (14.54%), Vitamin B3: 2.74mg (13.68%), Zinc: 1.7mg (11.36%), Selenium: 7.42µg (10.6%), Potassium: 335.62mg (9.59%), Vitamin B6: 0.19mg (9.37%), Vitamin A: 428IU (8.56%), Vitamin B1: 0.12mg (8.28%), Copper: 0.17mg (8.27%), Vitamin B5: 0.76mg (7.6%), Vitamin C: 5.19mg (6.29%), Iron: 1.07mg (5.92%), Vitamin E: 0.83mg (5.52%), Magnesium: 20.92mg (5.23%), Fiber: 1.22g (4.87%), Manganese: 0.09mg (4.62%), Vitamin D: 0.53µg (3.53%), Folate: 13.43µg (3.36%), Vitamin K: 2.21µg (2.1%)