



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

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Equipment

bowl

frying pan

paper towels

oven

slotted spoon

Directions

Heat oven to 375F. 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%)