

Extra-Easy Pizza

 Popular

READY IN



30 min.

SERVINGS



8

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bell pepper chopped
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 3.5 ounces pepperoni sliced
- ☐ 8 ounces tomato sauce canned
- ☐ 6 ounces mozzarella cheese shredded
- ☐ 0.3 cup water hot
- ☐ 1.5 cups baking mix original bisquick®

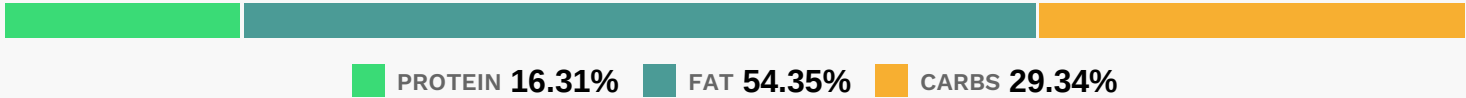
Equipment

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 450°F. Grease 12-inch pizza pan. Stir together Bisquick mix and very hot water; beat 20 strokes until soft dough forms.
- ☐ Press dough in pizza pan.
- ☐ Spread pizza sauce over dough. Top with remaining ingredients.
- ☐ Bake 12 to 15 minutes or until crust is golden brown and cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:9.0926088146541%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 233.14kcal (11.66%), Fat: 14.09g (21.68%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 15.96g (5.8%), Sugar: 4.36g (4.84%), Cholesterol: 29.28mg (9.76%), Sodium: 751.92mg (32.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.03%), Phosphorus: 241.73mg (24.17%), Vitamin C: 14.1mg (17.09%), Calcium: 155.1mg (15.51%), Vitamin B2: 0.24mg (14.17%), Selenium: 9.64µg (13.77%), Vitamin B1: 0.19mg (12.4%), Vitamin B12: 0.74µg (12.27%), Vitamin B3: 2.25mg (11.26%), Vitamin A: 558.96IU (11.18%), Manganese: 0.2mg (10.01%), Folate: 38.09µg (9.52%), Zinc: 1.18mg (7.84%), Iron: 1.22mg (6.8%), Vitamin B6: 0.13mg (6.55%), Potassium: 209.75mg (5.99%), Vitamin B5: 0.58mg (5.83%), Copper: 0.1mg (5.16%), Vitamin E: 0.75mg (5.02%), Fiber: 1.15g (4.61%), Magnesium: 18.12mg (4.53%), Vitamin K: 3.92µg (3.73%), Vitamin D: 0.26µg (1.72%)