

Extra-Easy Pizza

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



137 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 frangelico
- ☐ 1.5 cups frangelico

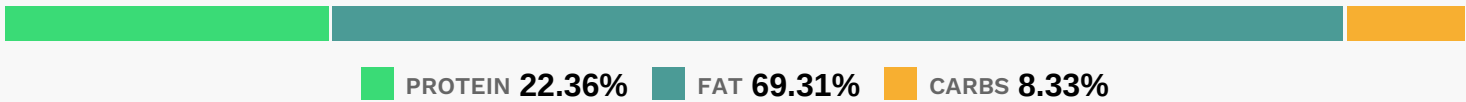
Equipment

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 450F. 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:-4, Nutrition Score:6.2052173925483%

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: 136.84kcal (6.84%), Fat: 10.63g (16.35%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.74g (1.93%), Cholesterol: 28.83mg (9.61%), Sodium: 464.82mg (20.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Vitamin C: 14.03mg (17.01%), Calcium: 114.83mg (11.48%), Selenium: 7.95µg (11.36%), Vitamin A: 558.06IU (11.16%), Phosphorus: 110.1mg (11.01%), Vitamin B12: 0.65µg (10.81%), Vitamin B2: 0.14mg (8.38%), Zinc: 1.04mg (6.94%), Manganese: 0.12mg (6.19%), Vitamin B3: 1.23mg (6.15%), Vitamin B6: 0.11mg (5.69%), Potassium: 173.07mg (4.94%), Vitamin E: 0.72mg (4.83%), Vitamin B5: 0.38mg (3.84%), Vitamin B1: 0.06mg (3.78%), Copper: 0.07mg (3.42%), Iron: 0.6mg (3.34%), Magnesium: 12.49mg (3.12%), Fiber: 0.68g (2.72%), Folate: 9.96µg (2.49%), Vitamin K: 2.46µg (2.34%), Vitamin D: 0.26µg (1.72%)