



WHATSheATE



Family-Favorite Cheese Pizza



Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups baking mix
- ☐ 0.3 cup water hot
- ☐ 0.5 cup tomato sauce
- ☐ 0.5 teaspoon seasoning italian
- ☐ 8 oz mozzarella cheese shredded
- ☐ 3.8 oz processed cheese food reduced-fat

Equipment

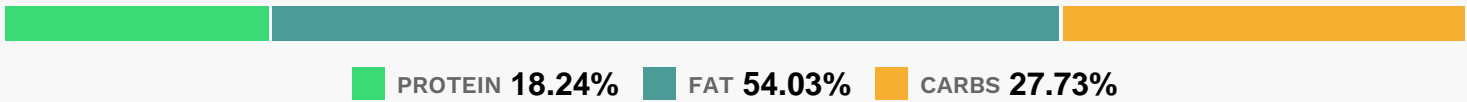
- ☐ bowl

- ☐ oven
- ☐ pizza pan
- ☐ cookie cutter

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 450°F. Spray 12-inch pizza pan with cooking spray.
- ☐ In medium bowl, stir Bisquick mix and very hot water until soft dough forms; beat vigorously 20 strokes. Press dough in pizza pan, using fingers dipped in Bisquick mix; pinch edge to form 1/2-inch rim.
- ☐ Spread pizza sauce over dough.
- ☐ Sprinkle with Italian seasoning and mozzarella cheese.
- ☐ Bake 10 to 12 minutes or until crust is golden and cheese is bubbly.
- ☐ Cut American cheese slices into desired shape with 2-inch cookie cutters. Arrange shapes on pizza.
- ☐ Let stand 1 to 2 minutes or until American cheese is melted.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:8.1539130781008%

Nutrients (% of daily need)

Calories: 234.66kcal (11.73%), Fat: 14.08g (21.66%), Saturated Fat: 7.03g (43.93%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 15.5g (5.64%), Sugar: 3.76g (4.18%), Cholesterol: 36.13mg (12.04%), Sodium: 760.01mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Calcium: 326.74mg (32.67%), Phosphorus: 321.48mg (32.15%), Vitamin B12: 0.93µg (15.56%), Selenium: 9.29µg (13.27%), Vitamin B2: 0.22mg (12.96%), Vitamin B1: 0.14mg (9.58%), Zinc: 1.33mg (8.88%), Folate: 32.85µg (8.21%), Vitamin A: 386.55IU (7.73%), Vitamin B3: 1.22mg (6.1%), Iron: 1.02mg (5.69%), Manganese: 0.11mg (5.65%), Magnesium: 17.48mg (4.37%), Potassium: 122.82mg (3.51%), Vitamin K: 3.67µg (3.49%), Vitamin B5: 0.34mg (3.41%), Copper: 0.06mg (3.19%), Fiber: 0.76g (3.02%), Vitamin E: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.55%), Vitamin C: 1.14mg (1.38%), Vitamin D: 0.19µg (1.29%)