



Grilled Bisquick® Margherita Pizza

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup water (120°F to 130°F)
- ☐ 0.3 cup tomato sauce sliced (Roma)
- ☐ 7 slices mozzarella fresh
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups frangelico for kneading dough

Equipment

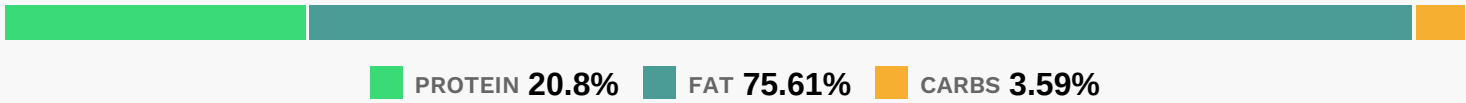
- ☐ bowl

☐ grill

Directions

- ☐ Spray gas or charcoal grill rack with cooking spray, or brush with oil.
- ☐ Heat grill.
- ☐ In large bowl, stir together 1 1/2 cups Bisquick mix and the very warm water; beat 20 strokes, just until soft dough forms. On surface lightly sprinkled with Bisquick mix, knead dough 2 to 3 minutes, adding additional Bisquick mix to dough until no longer sticky.
- ☐ Roll or press dough to 12-inch diameter. Make sure dough is uniform thickness to ensure even cooking.
- ☐ Place dough directly on gas grill rack over medium heat or on charcoal grill rack 4 to 6 inches from medium coals. Cook 5 to 7 minutes or until bottom of crust is browned. Turn crust over; add sauce and cheese. Close cover; cook pizza 5 to 7 minutes longer or until cheese is melted.
- ☐ Garnish pizza with fresh basil and olive oil.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:6.3747825622559%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 214.65kcal (10.73%), Fat: 18.14g (27.9%), Saturated Fat: 7.49g (46.84%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.68g (0.61%), Sugar: 1.06g (1.18%), Cholesterol: 39.17mg (13.06%), Sodium: 384.65mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.45%), Calcium: 255.86mg (25.59%), Vitamin B12: 1.13µg (18.84%), Phosphorus: 180.5mg (18.05%), Selenium: 8.53µg (12.18%), Vitamin K: 12.01µg (11.44%), Zinc: 1.5mg (9.97%), Vitamin A: 480.61IU (9.61%), Vitamin B2: 0.15mg (8.91%), Vitamin E: 1.33mg (8.9%), Magnesium: 13.37mg (3.34%), Iron: 0.45mg (2.51%), Potassium: 87.66mg (2.5%), Manganese: 0.05mg (2.42%), Vitamin B6: 0.04mg (1.78%), Vitamin C: 1.34mg (1.63%), Copper: 0.03mg (1.6%), Folate: 5.87µg (1.47%), Vitamin D: 0.2µg (1.32%), Vitamin B1: 0.02mg (1.27%), Vitamin B5: 0.12mg (1.2%), Vitamin B3: 0.22mg (1.08%), Fiber: 0.25g (1.01%)