



Halloween Cheese Pizza

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



8

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup water hot
- 0.5 cup tomato sauce
- 8 oz mozzarella cheese shredded
- 0.5 teaspoon seasoning italian
- 0.8 oz processed cheese food
- 1.5 cups frangelico

Equipment

- oven

- pizza pan
- cookie cutter

Directions

- Move oven rack to lowest position.
- Heat oven to 450°F. Grease 12-inch pizza pan.
- Mix Bisquick and very hot water until soft dough forms. Press dough in pizza pan, using fingers dipped in Bisquick; pinch edge to form 1/2-inch rim.
- Bake 10 minutes.
- Spread pizza sauce over crust.
- Sprinkle with mozzarella cheese and Italian seasoning.
- Bake 5 to 7 minutes or until crust is golden brown and cheese is bubbly.
- Cut American cheese with cookie cutters in Halloween shapes.
- Place cheese shapes on pizza just before serving.

Nutrition Facts

 **PROTEIN 28.01%**  **FAT 65.48%**  **CARBS 6.51%**

Properties

Glycemic Index:13, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:3.8260869694793%

Nutrients (% of daily need)

Calories: 98.92kcal (4.95%), Fat: 7.23g (11.13%), Saturated Fat: 4.22g (26.35%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.9g (1%), Cholesterol: 25.05mg (8.35%), Sodium: 295.27mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Calcium: 175.37mg (17.54%), Phosphorus: 121.71mg (12.17%), Vitamin B12: 0.69µg (11.44%), Selenium: 5.45µg (7.79%), Zinc: 0.93mg (6.21%), Vitamin B2: 0.1mg (5.71%), Vitamin A: 285.19IU (5.7%), Magnesium: 9.09mg (2.27%), Vitamin E: 0.32mg (2.12%), Potassium: 72.11mg (2.06%), Iron: 0.33mg (1.86%), Vitamin K: 1.93µg (1.84%), Manganese: 0.03mg (1.61%), Vitamin B6: 0.03mg (1.41%), Vitamin C: 1.07mg (1.3%), Copper: 0.02mg (1.22%), Fiber: 0.28g (1.13%)