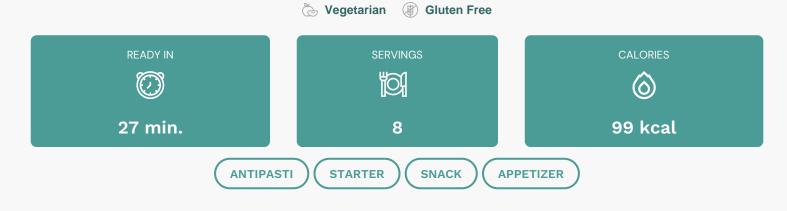


Halloween Cheese Pizza



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

	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

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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: Og (100%), Alcohol %: O% (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%)