



Hot Sub Deep-Dish Pizza

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup water hot
- ☐ 2 tablespoons vegetable oil
- ☐ 1.3 cups pasta sauce
- ☐ 8 slices spam lite assorted thinly sliced
- ☐ 1 large bell pepper green thinly sliced into rings
- ☐ 2 tablespoons salad dressing italian
- ☐ 6 oz cheddar cheese
- ☐ 3 cups frangelico

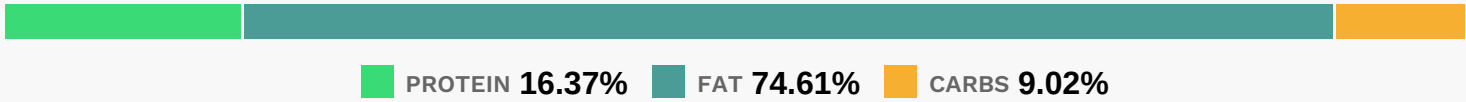
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Move oven rack to lowest position; heat oven to 425°F. Spray 15x10x1-inch pan or large cookie sheet with cooking spray.
- ☐ In medium bowl, stir Bisquick mix, very hot water and oil until dough forms; beat vigorously 20 strokes with spoon. Using hands dipped in Bisquick mix, pat or press dough in bottom and up sides of pan. Or pat dough into 13x10-inch rectangle on cookie sheet; pinch edges, forming 3/4-inch rim.
- ☐ Spread pizza sauce over crust. Top with meats and bell pepper rings.
- ☐ Drizzle with dressing.
- ☐ Add cheese.
- ☐ Bake 15 to 20 minutes or until crust is brown and cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:8.1234782675038%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 232.99kcal (11.65%), Fat: 19.5g (30%), Saturated Fat: 7.73g (48.3%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.3g (2.56%), Cholesterol: 42.56mg (14.19%), Sodium: 779.86mg (33.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.25%), Vitamin C: 19.18mg (23.24%), Selenium: 13.19µg (18.84%), Calcium: 158.78mg (15.88%), Phosphorus: 157.64mg (15.76%), Vitamin K: 11.31µg (10.77%), Vitamin B2: 0.18mg (10.42%), Zinc: 1.37mg (9.15%), Vitamin A: 455.91IU (9.12%), Vitamin E: 1.27mg (8.45%), Potassium: 291.58mg (8.33%), Vitamin B6: 0.17mg (8.29%), Vitamin B1: 0.12mg (8.19%), Vitamin B3: 1.55mg (7.76%), Vitamin B12: 0.36µg (6.01%), Magnesium: 18.11mg (4.53%), Copper: 0.08mg (4.18%), Iron: 0.67mg (3.74%), Fiber: 0.92g (3.69%), Manganese: 0.07mg (3.46%), Folate: 10.86µg (2.72%), Vitamin B5: 0.23mg (2.26%), Vitamin D: 0.31µg (2.05%)