



Italian Pizza Bake (Cooking For 2)

READY IN



40 min.

SERVINGS



2

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup baking mix bisquick heart smart®
- 2 tablespoons eggs fat-free
- 1 tablespoon water
- 0.1 teaspoon garlic powder
- 0.3 cup bell pepper diced green yellow
- 0.3 cup onion chopped
- 0.5 cup chicken breast strips/pre-cooked/chopped cooked
- 0.5 cup canned tomatoes diced with italian-style herbs, drained (from 14.5-oz can)
- 0.3 teaspoon seasoning italian

0.3 cup mozzarella cheese shredded reduced-fat

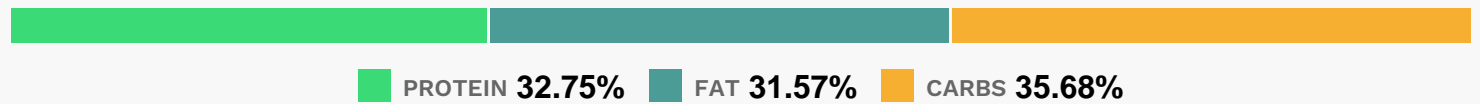
Equipment

- bowl
- frying pan
- oven
- loaf pan

Directions

- Heat oven to 400°F. Spray 8x4-inch loaf pan with cooking spray. In small bowl, stir Bisquick mix, egg product, water and garlic powder; spread in pan.
- In 10-inch nonstick skillet, cook bell pepper and onion over medium-high heat, stirring frequently, until tender. Stir in chicken, tomatoes and Italian seasoning; cook until hot. Spoon over batter.
- Sprinkle with cheese.
- Bake 20 to 23 minutes or until golden brown; loosen from sides.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:14.709130339001%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 234.04kcal (11.7%), Fat: 8.23g (12.65%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 18.72g (6.81%), Sugar: 6.07g (6.74%), Cholesterol: 94.2mg (31.4%), Sodium: 471.11mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.4%), Vitamin C: 41.29mg (50.05%), Vitamin B3: 6.67mg (33.37%), Phosphorus: 322.25mg (32.23%), Selenium: 18.31µg (26.15%), Vitamin B6: 0.41mg (20.6%),

Calcium: 191.37mg (19.14%), Vitamin B2: 0.28mg (16.52%), Vitamin B1: 0.21mg (13.93%), Folate: 51.81µg (12.95%), Manganese: 0.25mg (12.61%), Iron: 2.22mg (12.36%), Potassium: 405.81mg (11.59%), Copper: 0.2mg (10.22%), Vitamin B5: 0.98mg (9.8%), Magnesium: 37.4mg (9.35%), Fiber: 2.2g (8.8%), Zinc: 1.29mg (8.62%), Vitamin B12: 0.44µg (7.41%), Vitamin E: 1.1mg (7.35%), Vitamin A: 327.92IU (6.56%), Vitamin K: 6.52µg (6.21%), Vitamin D: 0.37µg (2.49%)