



WHATSheATE



Jack-o'-Lantern Pizza



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 1 cup salsa
- ☐ 0.8 corn frozen
- ☐ 0.3 cup water
- ☐ 0.3 cup water hot
- ☐ 1 tablespoon vegetable oil
- ☐ 8 ounces cheddar cheese shredded
- ☐ 1 serving bell pepper green such as orange and bell pepper strips, sliced ripe olives and cherry tomato wedges, if desired

☐ 2 cups frangelico

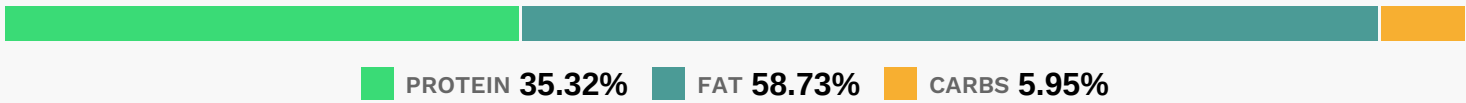
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 450°F. Grease 12-inch pizza pan. Cook beef in 10-inch skillet over medium heat, stirring occasionally, until brown; drain. Stir in salsa, corn and 1/4 cup water.
- ☐ Heat to boiling; remove from heat.
- ☐ Mix Bisquick, 1/3 cup hot water and the oil until soft dough forms; beat vigorously 20 strokes.
- ☐ Let stand 5 minutes. Press dough in pizza pan, using fingers dipped in Bisquick; pinch edge to form 1/2-inch rim.
- ☐ Spread beef mixture over dough.
- ☐ Sprinkle with cheese.
- ☐ Bake 11 to 15 minutes or until crust is golden brown and cheese is melted. Arrange Toppings on pizza to form jack-o'-lanterns.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:10.811739133752%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 219.38kcal (10.97%), Fat: 14.25g (21.92%), Saturated Fat: 6.99g (43.68%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.54g (0.92%), Sugar: 1.51g (1.68%), Cholesterol: 63.5mg (21.17%), Sodium: 437.12mg (19.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Zinc: 4mg (26.69%), Vitamin B12: 1.57µg (26.18%), Selenium: 18.18µg (25.97%), Phosphorus: 254.07mg (25.41%), Calcium: 215.9mg (21.59%), Vitamin B3: 3.53mg (17.66%), Vitamin B6: 0.32mg (15.79%), Vitamin B2: 0.23mg (13.46%), Vitamin A: 467.58IU (9.35%), Potassium: 315.15mg (9%), Iron: 1.56mg (8.65%), Vitamin C: 6.6mg (8%), Magnesium: 25.95mg (6.49%), Vitamin E: 0.93mg (6.23%), Vitamin K: 5.89µg (5.61%), Vitamin B5: 0.55mg (5.54%), Copper: 0.08mg (4.09%), Vitamin B1: 0.05mg (3.15%), Fiber: 0.71g (2.86%), Manganese: 0.05mg (2.72%), Folate: 10.87µg (2.72%), Vitamin D: 0.23µg (1.51%)