



Mediterranean Pizza

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 0.5 cup basil pesto
- 2 tablespoons cornmeal
- 4 oz feta cheese crumbled (1 cup)
- 4 oz mozzarella cheese shredded
- 0.5 cup sun-dried tomatoes drained cut into 1/2-inch pieces in oil
- 0.5 cup water (105°F to 115°F)
- 1 package yeast dry

- 2.5 cups frangelico
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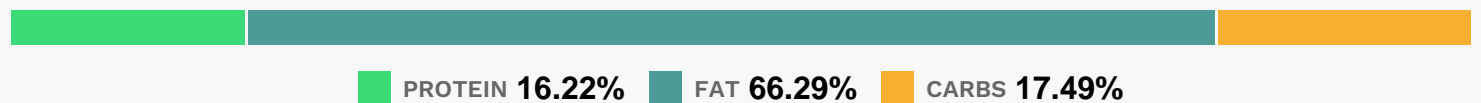
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 425F. Lightly grease 15x10x1-inch pan with shortening or cooking spray.
- Sprinkle with cornmeal, tapping off any excess.
- In large bowl, stir Bisquick mix and yeast.
- Add water; stir until dough leaves side of bowl. On work surface dusted with additional Bisquick mix, lightly knead dough 1 minute.
- Roll out to 15x10-inch rectangle.
- Place dough in pan; crimp edges, forming a rim.
- Spread pesto over dough.
- Sprinkle tomatoes, artichokes, mozzarella cheese and feta cheese evenly over top.
- Bake 12 to 15 minutes or until cheese is melted and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:1.76, Inflammation Score:-5, Nutrition Score:8.1199999918108%

Nutrients (% of daily need)

Calories: 238.15kcal (11.91%), Fat: 17.51g (26.94%), Saturated Fat: 6.54g (40.89%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 7.89g (2.87%), Sugar: 1.42g (1.57%), Cholesterol: 33.4mg (11.13%), Sodium: 797.53mg (34.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Calcium: 227.34mg (22.73%), Vitamin B2: 0.3mg (17.52%), Phosphorus: 158.27mg (15.83%), Vitamin A: 742.04IU (14.84%), Vitamin B1: 0.19mg (12.72%), Vitamin B12:

0.75µg (12.52%), Vitamin C: 9.34mg (11.32%), Fiber: 2.51g (10.03%), Folate: 37.91µg (9.48%), Selenium: 6.62µg (9.45%), Zinc: 1.37mg (9.1%), Vitamin B6: 0.15mg (7.68%), Potassium: 191.41mg (5.47%), Vitamin B3: 1.09mg (5.46%), Magnesium: 19.19mg (4.8%), Vitamin B5: 0.43mg (4.31%), Manganese: 0.08mg (3.93%), Iron: 0.7mg (3.87%), Copper: 0.07mg (3.39%), Vitamin D: 0.15µg (1.01%)