



Mini White Pizzas

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup water boiling
- ☐ 0.5 cup alfredo sauce reduced-fat
- ☐ 0.5 cup roasted chicken cooked finely chopped
- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 1 leaves basil fresh
- ☐ 1.5 cups frangelico

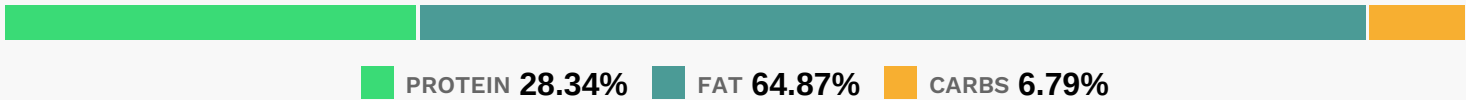
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°. Spray large cookie sheet with cooking spray. Stir Bisquick mix and water until soft dough forms. Divide dough into fourths. Pat each part of dough into 6-inch circle on cookie sheet, using fingers dusted with Bisquick mix; pinch edge to form 1/2-inch rim.
- ☐ Spread Alfredo sauce on dough. Top with chicken, mushrooms and chopped basil.
- ☐ Sprinkle with cheese.
- ☐ Bake 9 to 11 minutes or until crusts are golden brown and cheese is bubbly.
- ☐ Garnish with additional basil leaves.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:8.1521739247053%

Nutrients (% of daily need)

Calories: 177.4kcal (8.87%), Fat: 12.7g (19.54%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.06g (1.18%), Cholesterol: 55.86mg (18.62%), Sodium: 402.34mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.98%), Vitamin K: 35.46µg (33.77%), Calcium: 191.24mg (19.12%), Phosphorus: 149.83mg (14.98%), Selenium: 10.3µg (14.72%), Iron: 2.2mg (12.2%), Vitamin B12: 0.7µg (11.7%), Manganese: 0.21mg (10.73%), Vitamin B2: 0.18mg (10.49%), Vitamin B3: 1.94mg (9.7%), Zinc: 1.3mg (8.67%), Magnesium: 24.92mg (6.23%), Vitamin B6: 0.12mg (6.09%), Copper: 0.1mg (4.84%), Vitamin A: 220.29IU (4.41%), Potassium: 152.75mg (4.36%), Vitamin B5: 0.41mg (4.07%), Fiber: 0.88g (3.5%), Folate: 11.18µg (2.8%), Vitamin B1: 0.03mg (2.05%), Vitamin E: 0.27mg (1.8%)