



Pesto and Cheese Pizza

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups bell pepper green red yellow
- 0.3 cup basil pesto refrigerated (from 7-oz container)
- 7 oz mozzarella cheese plain shredded with sun-dried tomatoes and basil or mozzarella cheese (1 3/4 cups)
- 4 oz individual string cheese sticks cut in half lengthwise
- 2 tablespoons vegetable oil
- 0.7 cup water hot
- 3 cups frangelico
- 3 cups frangelico

Equipment

- bowl
- oven
- pizza pan

Directions

- Move oven rack to lowest position.
- Heat oven to 450F. Spray 12-inch pizza pan with cooking spray. In large bowl, stir Bisquick mix, water and oil with fork until soft dough forms; beat vigorously 20 strokes. Cover; let stand 8 minutes.
- Pat or press dough in bottom and 1 inch over side of pizza pan.
- Place string cheese along edge of dough, overlapping if necessary. Fold 1-inch edge of dough over and around cheese; press to seal.
- Bake 6 to 7 minutes or until lightly browned around edges.
- Spread pesto over warm crust.
- Sprinkle with 1 cup of the mozzarella cheese; top with bell peppers and remaining 3/4 cup cheese.
- Bake 11 to 14 minutes or until crust is golden brown and cheese is melted.

Nutrition Facts

 **PROTEIN 19.27%**  **FAT 74.13%**  **CARBS 6.6%**

Properties

Glycemic Index:4.63, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:5.1226087031157%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 190.59kcal (9.53%), Fat: 15.85g (24.38%), Saturated Fat: 6.23g (38.94%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.26g (1.4%), Cholesterol: 28.08mg (9.36%), Sodium: 365.39mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Vitamin C: 22.46mg (27.23%), Calcium: 155.36mg (15.54%), Vitamin A: 481.36IU (9.63%), Vitamin B12: 0.57µg (9.43%), Phosphorus: 93.4mg (9.34%), Vitamin K: 8.89µg (8.47%), Selenium: 4.22µg (6.02%), Zinc: 0.76mg (5.08%), Vitamin B2: 0.08mg (4.59%), Vitamin B6: 0.07mg (3.59%), Vitamin E: 0.43mg (2.86%), Fiber: 0.64g (2.56%), Manganese: 0.04mg (2.08%), Magnesium: 7.95mg (1.99%), Potassium: 67.74mg (1.94%), Vitamin B1: 0.02mg (1.56%), Iron: 0.26mg (1.47%), Copper: 0.02mg (1.22%), Folate: 4.53µg (1.13%)