



Pesto and Cheese Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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 baking mix original bisquick®

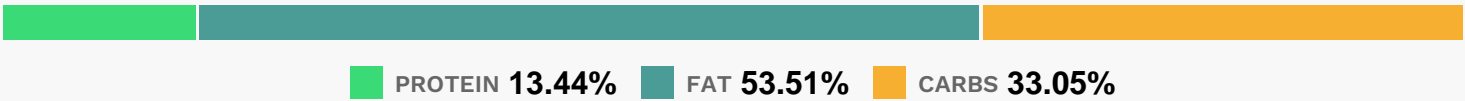
Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 450°F. 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



Properties

Glycemic Index:4.63, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:10.896521638269%

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: 383.19kcal (19.16%), Fat: 22.78g (35.04%), Saturated Fat: 8.01g (50.09%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 30.07g (10.94%), Sugar: 6.5g (7.22%), Cholesterol: 28.98mg (9.66%), Sodium: 939.59mg (40.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Phosphorus: 356.65mg (35.67%), Vitamin C: 22.6mg (27.39%), Calcium: 235.91mg (23.59%), Vitamin B1: 0.28mg (18.81%), Vitamin B2: 0.27mg (16.16%), Folate: 60.78µg (15.2%), Vitamin B12: 0.74µg (12.35%), Vitamin K: 11.82µg (11.25%), Vitamin B3: 2.2mg (11.02%), Selenium: 7.59µg (10.85%), Manganese: 0.19mg (9.73%), Vitamin A: 483.16IU (9.66%), Iron: 1.51mg (8.4%), Zinc: 1.03mg (6.88%), Fiber: 1.59g (6.34%), Vitamin B6: 0.11mg (5.3%), Magnesium: 19.2mg (4.8%), Copper: 0.09mg (4.68%), Vitamin B5: 0.46mg (4.6%), Potassium: 141.09mg (4.03%), Vitamin E: 0.49mg (3.25%)