



WHATSheATE



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

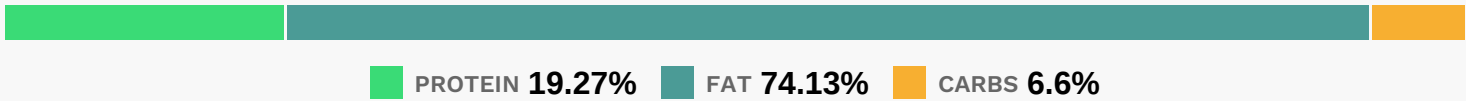
Equipment

- ☐ 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



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: Og (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%)