



Pizza Biscuit Bake

 **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



260 kcal

Ingredients

- 1 cup milk
- 16 oz tomato sauce canned (2 cups)
- 8 oz pepperoni sliced
- 8 oz mozzarella cheese shredded
- 3.3 cups frangelico

Equipment

- bowl
- oven
- baking pan

glass baking pan

Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In medium bowl, stir Bisquick mix and milk until soft dough forms. Drop half of dough by spoonfuls evenly over bottom of baking dish (dough will not completely cover bottom of dish).
- Drizzle 1 can pizza sauce over dough. Scatter half of the pepperoni over sauce. Top with 1 cup of the cheese. Repeat layers with remaining dough, pizza sauce, pepperoni and cheese.
- Bake 20 to 25 minutes or until golden brown.

Nutrition Facts

 **PROTEIN 20.58%** **FAT 71.15%** **CARBS 8.27%**

Properties

Glycemic Index:17.25, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:9.2095650797305%

Nutrients (% of daily need)

Calories: 259.84kcal (12.99%), Fat: 20.61g (31.7%), Saturated Fat: 9.34g (58.36%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.78g (4.2%), Cholesterol: 53.56mg (17.85%), Sodium: 906.02mg (39.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Selenium: 13.96µg (19.94%), Vitamin B12: 1.18µg (19.66%), Calcium: 194mg (19.4%), Phosphorus: 191.26mg (19.13%), Vitamin B2: 0.23mg (13.65%), Manganese: 0.24mg (11.95%), Zinc: 1.77mg (11.8%), Vitamin B3: 2.04mg (10.19%), Vitamin A: 486.56IU (9.73%), Vitamin B6: 0.19mg (9.36%), Potassium: 313.37mg (8.95%), Vitamin E: 1.18mg (7.85%), Vitamin B1: 0.12mg (7.73%), Vitamin B5: 0.66mg (6.64%), Iron: 1.05mg (5.81%), Magnesium: 22.94mg (5.73%), Vitamin D: 0.82µg (5.45%), Vitamin C: 3.97mg (4.81%), Copper: 0.09mg (4.72%), Vitamin K: 3.98µg (3.79%), Fiber: 0.85g (3.4%), Folate: 8.5µg (2.13%)