



Salsa Pizza with Cheese Crust

 Gluten Free

READY IN



43 min.

SERVINGS



8

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 1.3 cups salsa thick
- 0.3 cup processed cheese food
- 0.3 cup water hot
- 0.5 cup spring onion sliced
- 4 ounces monterrey jack cheese shredded
- 2 cups frangelico

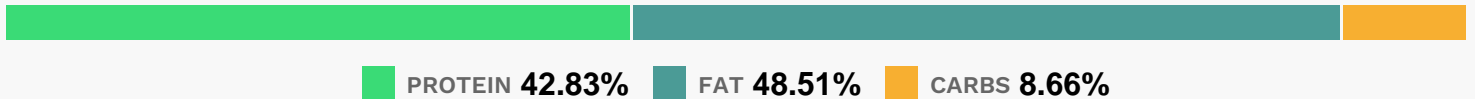
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 375°F. Grease large cookie sheet.
- Cook beef in 10-inch skillet over medium heat, stirring occasionally, until brown; drain. Stir in salsa; remove from heat.
- Stir Bisquick, cheese spread and hot water until soft dough forms. Turn dough onto surface dusted with Bisquick; roll in Bisquick to coat. Shape into ball; knead 5 times.
- Roll into 14-inch circle; place on cookie sheet.
- Spread beef mixture over crust to within 2 inches of edge.
- Sprinkle with onions. Fold edge over beef mixture.
- Sprinkle with cheese.
- Bake 25 to 28 minutes or until crust is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:9.9173914090447%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 160.56kcal (8.03%), Fat: 8.61g (13.25%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.86g (2.07%), Cholesterol: 52.14mg (17.38%), Sodium: 463.45mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.21%), Vitamin B12: 1.45µg (24.22%), Zinc: 3.53mg (23.51%), Phosphorus: 218.56mg (21.86%), Selenium: 13.21µg (18.87%), Vitamin B3: 3.62mg (18.1%), Calcium: 172.66mg (17.27%), Vitamin B6: 0.31mg (15.56%), Vitamin K: 15.28µg (14.55%), Vitamin B2: 0.17mg (10.28%), Iron: 1.74mg (9.68%), Potassium: 335.5mg (9.59%), Vitamin A: 407.66IU (8.15%), Magnesium: 24.86mg (6.21%), Vitamin E: 0.76mg (5.07%), Vitamin B5: 0.5mg (4.98%), Copper: 0.08mg (4.15%), Fiber: 0.89g (3.57%), Manganese: 0.06mg

(3.25%), Vitamin B1: 0.04mg (2.91%), Folate: 11.36µg (2.84%), Vitamin C: 1.95mg (2.36%), Vitamin D: 0.17µg (1.12%)