



Spicy Sausage Pizza Pie

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sausage meat
- 8 ounces tomato sauce canned
- 0.5 teaspoon oregano dried
- 0.3 cup processed cheese food room temperature
- 0.3 cup water hot
- 1 serving bell pepper green red
- 4 ounces mozzarella cheese shredded
- 2 cups frangelico

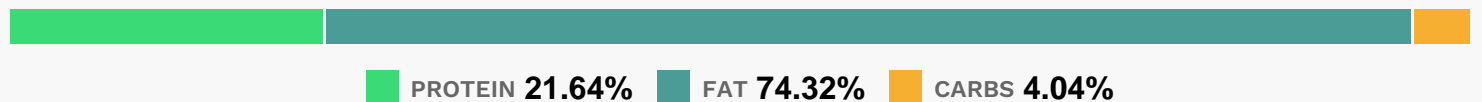
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 375°F. Grease large cookie sheet. Cook sausage in 10-inch skillet over medium-high heat, stirring occasionally, until no longer pink; drain. Stir in pizza sauce and oregano; set aside.
- Stir Bisquick mix, cheese spread and hot water until soft dough forms.
- Place on surface sprinkled with Bisquick mix; roll in Bisquick mix to coat. Shape into ball; knead 5 times.
- Roll into 14-inch circle; place on cookie sheet.
- Spread sausage mixture over crust to within 3 inches of edge. Fold edge over mixture, leaving center open. Top with bell pepper rings.
- Sprinkle with cheese.
- Bake 23 to 25 minutes or until crust is light golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:7.3682608863582%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 239.74kcal (11.99%), Fat: 19.7g (30.31%), Saturated Fat: 7.66g (47.87%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.8g (0.66%), Sugar: 1.44g (1.6%), Cholesterol: 56.4mg (18.8%), Sodium: 657.59mg (28.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.81%), Phosphorus: 164.09mg (16.41%), Vitamin B3:

3.01mg (15.04%), Vitamin B12: 0.87µg (14.51%), Calcium: 129.33mg (12.93%), Zinc: 1.83mg (12.2%), Vitamin B1: 0.17mg (11.47%), Vitamin B6: 0.23mg (11.34%), Vitamin C: 8.36mg (10.14%), Vitamin B2: 0.14mg (8.28%), Potassium: 255.95mg (7.31%), Vitamin A: 332.09IU (6.64%), Iron: 1.06mg (5.9%), Vitamin D: 0.82µg (5.47%), Vitamin B5: 0.51mg (5.14%), Selenium: 3.47µg (4.96%), Magnesium: 17.32mg (4.33%), Vitamin E: 0.63mg (4.19%), Copper: 0.08mg (4.02%), Manganese: 0.05mg (2.73%), Vitamin K: 2.79µg (2.66%), Fiber: 0.6g (2.42%), Folate: 5.5µg (1.38%)