



Steak and Cheese Pizza Pockets

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup water (120°F to 130°F)
- 2 tablespoons olive oil
- 0.5 cup tomatoes
- 1 cup fat-trimmed beef flank steak cooked chopped
- 3 oz mozzarella cheese shredded finely
- 3 cups frangelico

Equipment

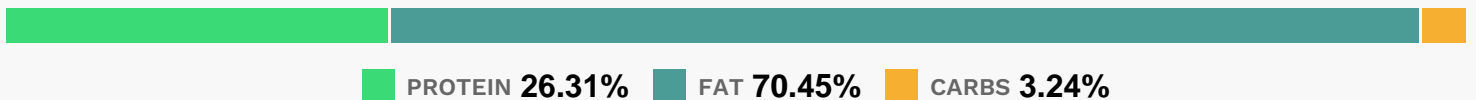
- bowl

- baking sheet
- oven
- plastic wrap
- aluminum foil
- rolling pin

Directions

- Heat oven to 450°F. Line cookie sheet with foil; spray foil with cooking spray.
- In medium bowl, stir together Bisquick mix, very warm water and olive oil until Bisquick mix is moistened.
- Let stand 15 minutes.
- Knead dough slightly to form ball. Divide dough into 8 parts. Flatten and use rolling pin to roll each into circle about 1/8-inch thick.
- Place circles on cookie sheet.
- Top each with 1 tablespoon marinara sauce, 2 tablespoons steak and 1 1/2 tablespoons cheese. Fold over, and pinch edges to seal.
- Bake 15 to 20 minutes or until golden.
- Enjoy hot, or cool completely, wrap in plastic wrap and freeze until ready to use.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:4.532608728046%

Nutrients (% of daily need)

Calories: 128.02kcal (6.4%), Fat: 10.1g (15.54%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.65g (0.73%), Cholesterol: 26.44mg (8.81%), Sodium: 155.67mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.98%), Selenium: 9.12µg (13.02%), Zinc: 1.86mg (12.42%), Vitamin B12: 0.73µg (12.22%), Phosphorus: 84.35mg (8.44%), Vitamin B3: 1.61mg (8.05%), Vitamin B6: 0.14mg (6.85%), Vitamin B2: 0.11mg (6.51%), Calcium: 58.53mg (5.85%), Vitamin E: 0.74mg (4.96%), Iron: 0.72mg (4.01%), Potassium: 132.85mg (3.8%), Vitamin K: 3.22µg (3.07%), Vitamin A: 142.61IU (2.85%), Magnesium: 10.83mg

(2.71%), Copper: 0.05mg (2.25%), Vitamin B1: 0.03mg (2.19%), Vitamin C: 1.07mg (1.3%)