



Stuffed-Crust Pepperoni Pizza

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup water hot
- 2 tablespoons vegetable oil
- 0.8 cup pepperoni diced
- 4 sticks colby cheese cut in half lengthwise (from 10-oz package)
- 8 oz tomato sauce canned
- 8 oz pizza cheese shredded italian
- 1 cup mushrooms fresh sliced
- 0.5 cup bell pepper green chopped

- 2.3 oz olives ripe drained sliced canned
- 3 cups frangelico

Equipment

- bowl
- oven
- pizza pan

Directions

- Move oven rack to lowest position; heat oven to 450°F. Spray 12-inch pizza pan with cooking spray. In medium bowl, stir Bisquick mix, hot water and oil with fork until soft dough forms; beat vigorously 20 strokes.
- Let stand 8 minutes.
- Pat or press dough in bottom and 1 inch over side of pizza pan. Lightly press 1/4 cup of the pepperoni along edge of dough.
- Place string cheese over pepperoni along edge of dough, overlapping if necessary. Fold 1-inch edge of dough over and around cheese and pepperoni; press to seal.
- Bake 7 minutes.
- Spread pizza sauce over partially baked crust.
- Sprinkle with 1 cup of the Italian cheese, remaining 1/2 cup pepperoni, the mushrooms, bell pepper and olives.
- Sprinkle with remaining 1 cup cheese.
- Bake 9 to 12 minutes longer or until crust is golden brown and cheese is melted.

Nutrition Facts

 PROTEIN **19.47%**  FAT **73.28%**  CARBS **7.25%**

Properties

Glycemic Index:14.38, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:4.6278260687123%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 199.29kcal (9.96%), Fat: 16.91g (26.02%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.52g (1.68%), Cholesterol: 16.42mg (5.47%), Sodium: 484.89mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.23%), Vitamin C: 9.72mg (11.79%), Vitamin K: 8.48µg (8.07%), Vitamin E: 1.14mg (7.58%), Calcium: 72.13mg (7.21%), Vitamin B3: 1.31mg (6.53%), Selenium: 4.5µg (6.43%), Vitamin B2: 0.1mg (5.82%), Manganese: 0.11mg (5.52%), Vitamin B6: 0.1mg (5.12%), Copper: 0.1mg (4.97%), Potassium: 171.67mg (4.9%), Vitamin B5: 0.4mg (4.05%), Phosphorus: 39.18mg (3.92%), Vitamin A: 193.51IU (3.87%), Fiber: 0.97g (3.87%), Vitamin B1: 0.05mg (3.49%), Iron: 0.55mg (3.05%), Zinc: 0.42mg (2.77%), Vitamin B12: 0.15µg (2.44%), Magnesium: 9.37mg (2.34%), Folate: 6.38µg (1.6%), Vitamin D: 0.16µg (1.1%)