



## Stuffed Pizza

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound ground sausage italian
- 0.5 pound ground beef lean
- 0.8 cup water cold
- 12 ounces mozzarella cheese shredded
- 14 ounces tomato sauce
- 3 ounces mushrooms fresh sliced
- 0.3 cup bell pepper green chopped
- 3.3 cups frangelico

## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 450°F. Grease rectangular baking dish, 13x9x2 inches. Cook sausage and ground beef in 10-inch skillet over medium heat, stirring occasionally, until brown.
- Drain; set aside.
- Stir Bisquick and water in large bowl until dough forms. Divide dough into 2 parts, 1 part slightly larger.
- Roll larger part dough into rectangle, 16x14 inches, on surface dusted with Bisquick. Fold crosswise into thirds.
- Place in center of baking dish; unfold. Press on bottom and up sides of dish.
- Sprinkle with 1 cup of the cheese; top with 3/4 cup of the pizza sauce, the meat mixture, mushrooms and bell pepper, pizza toppings and 1 1/2 cups of the cheese.
- Roll remaining part dough into rectangle, 13x9 inches. Fold crosswise into thirds.
- Place on cheese in center of baking dish; unfold. Press bottom and top crust edges together to seal. Make small slits in top crust.
- Spread remaining pizza sauce over crust; sprinkle with remaining cheese.
- Bake uncovered 22 to 25 minutes or until edges of crust are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:1.24, Inflammation Score:-4, Nutrition Score:12.143043580263%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## **Nutrients (% of daily need)**

Calories: 279.68kcal (13.98%), Fat: 20g (30.76%), Saturated Fat: 9.45g (59.09%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.53g (2.81%), Cholesterol: 72.72mg (24.24%), Sodium: 729.51mg (31.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.5g (41%), Vitamin B12: 1.87µg (31.11%), Selenium: 20.48µg (29.26%), Phosphorus: 270.39mg (27.04%), Calcium: 230.8mg (23.08%), Zinc: 3.36mg (22.43%), Vitamin B3: 3.42mg (17.1%), Vitamin B2: 0.29mg (17.05%), Vitamin B6: 0.28mg (14.1%), Vitamin B1: 0.21mg (13.91%), Potassium: 391.43mg (11.18%), Vitamin A: 519.51IU (10.39%), Vitamin C: 8.01mg (9.71%), Iron: 1.74mg (9.68%), Copper: 0.15mg (7.33%), Vitamin B5: 0.7mg (7.04%), Magnesium: 27.8mg (6.95%), Vitamin E: 0.89mg (5.95%), Manganese: 0.1mg (4.79%), Fiber: 0.93g (3.72%), Folate: 13.4µg (3.35%), Vitamin K: 2.8µg (2.66%), Vitamin D: 0.22µg (1.46%)