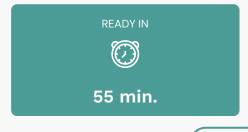
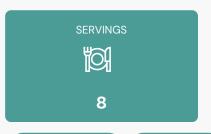
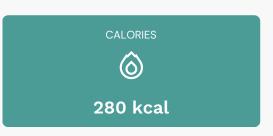


Stuffed Pizza

Gluten Free







LUNCH) (MAIN

MAIN COURSE

MAIN DISH

DINNER

Ingredients

O.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 11/2 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	
	PROTEIN 29.37% FAT 64.45% CARBS 6.18%
	PROTEIN 29.31 /6 PAT 04.43 /6 CARBS 0.10 /6

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

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: Og (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: 519.51lU (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%)