



## Thick-Crust Pizza

 Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.7 cup water hot
- 2 tablespoons vegetable oil
- 1.3 cups pasta sauce
- 2 cups canadian bacon canadian-style ripe sliced ( bacon, pepperoni, mushrooms, green onions, olives)
- 6 ounces mozzarella cheese shredded
- 3 cups frangelico

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Move oven rack to lowest position.
- Heat oven to 425°.
- Mix Bisquick, water and oil until dough forms; beat vigorously 20 strokes.
- Let stand 8 minutes.
- Grease bottom and sides of jelly roll pan, 15 1/2x10 1/2x1 inch, or cookie sheet with shortening. Press dough in bottom and up sides of pan, using hands dipped in Bisquick. Or press into 13x10-inch rectangle on cookie sheet; pinch edges to form 3/4-inch rim.
- Spread pizza sauce over dough; top with pizza toppings.
- Sprinkle with cheese.
- Bake 15 to 20 minutes or until crust is brown and cheese is melted.

## Nutrition Facts

**PROTEIN 35.65%** **FAT 57.18%** **CARBS 7.17%**

## Properties

Glycemic Index:7.2, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:8.0752174491468%

## Nutrients (% of daily need)

Calories: 156.71kcal (7.84%), Fat: 9.91g (15.25%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.27g (1.41%), Cholesterol: 37.1mg (12.37%), Sodium: 680.35mg (29.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.81%), Vitamin B1: 0.37mg (24.52%), Selenium: 14.9µg (21.29%), Phosphorus: 183.46mg (18.35%), Vitamin B3: 3.27mg (16.35%), Vitamin B12: 0.7µg (11.75%), Vitamin B6: 0.22mg (11.04%), Calcium: 94.45mg (9.44%), Vitamin D: 1.39µg (9.29%), Vitamin B2: 0.15mg (8.79%), Zinc: 1.22mg (8.16%), Potassium: 266.66mg (7.62%), Vitamin K: 6.25µg (5.95%), Vitamin E: 0.8mg (5.3%), Vitamin A: 247.59IU (4.95%), Magnesium: 16.2mg (4.05%), Iron: 0.69mg (3.84%), Vitamin B5: 0.36mg (3.65%), Copper: 0.06mg (3.05%), Vitamin C: 2.14mg (2.6%), Manganese: 0.05mg (2.44%), Fiber: 0.46g (1.84%), Folate: 5.84µg (1.46%)