



Thin Crust Create-a-Pizza

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup water hot
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup tomato sauce
- ☐ 6 oz mozzarella cheese shredded
- ☐ 0.5 lb ground beef 80% lean cooked drained (at least)
- ☐ 0.5 lb ground sausage italian cooked drained
- ☐ 3.5 oz pepperoni sliced
- ☐ 6 oz canadian bacon canadian-style sliced

- ☐ 4 hot dogs sliced
- ☐ 1 serving mushrooms fresh sliced
- ☐ 1 serving bell pepper green chopped
- ☐ 1 serving spring onion sliced
- ☐ 1 serving olives ripe sliced
- ☐ 1 serving pimientos sliced
- ☐ 1.5 cups frangelico

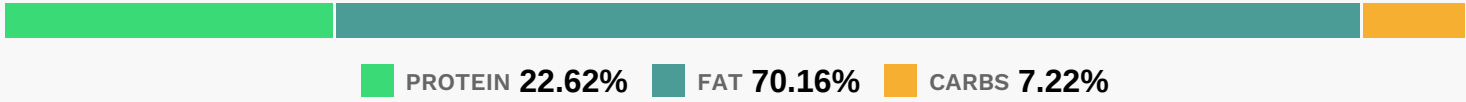
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pizza pan
- ☐ measuring cup

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 450°F. Grease or spray cookie sheet or 12-inch pizza pan with cooking spray. Lightly spoon Bisquick into measuring cup, level off with knife. In medium bowl, mix Bisquick, hot water and oil; beat vigorously 20 strokes.
- ☐ Press dough into 12-inch round on cookie sheet or pizza pan.
- ☐ Spread pizza sauce evenly onto crust. Top with one of the meat toppings and desired vegetable toppings.
- ☐ Sprinkle with cheese.
- ☐ Bake 12 to 15 minutes or until crust is brown and cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:1.94, Inflammation Score:-4, Nutrition Score:14.206086822178%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 413.14kcal (20.66%), Fat: 32.06g (49.32%), Saturated Fat: 12.33g (77.09%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 6.74g (2.45%), Sugar: 1.53g (1.69%), Cholesterol: 91.26mg (30.42%), Sodium: 1086.64mg (47.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.51%), Selenium: 30µg (42.85%), Vitamin B12: 1.77µg (29.5%), Vitamin B1: 0.44mg (29.3%), Phosphorus: 264.12mg (26.41%), Vitamin B3: 5.28mg (26.39%), Zinc: 3.45mg (22.99%), Vitamin B6: 0.37mg (18.6%), Vitamin B2: 0.3mg (17.92%), Calcium: 134.22mg (13.42%), Iron: 2.16mg (12.03%), Potassium: 412.13mg (11.78%), Vitamin C: 8.99mg (10.89%), Manganese: 0.17mg (8.42%), Vitamin B5: 0.8mg (7.96%), Vitamin K: 7.85µg (7.48%), Magnesium: 27.69mg (6.92%), Vitamin E: 1.04mg (6.91%), Vitamin A: 324.48IU (6.49%), Copper: 0.13mg (6.33%), Vitamin D: 0.87µg (5.8%), Folate: 22.32µg (5.58%), Fiber: 0.69g (2.77%)