



Upside-Down Pizza Bake

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 1 cup bell pepper green coarsely chopped
- 28 oz tomato sauce
- 6 oz pepperoni diced
- 2.3 oz olives ripe drained sliced canned
- 1 cup milk
- 2 eggs

- 6 oz pizza cheese shredded
- 2 cups frangelico

Equipment

- bowl
- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 350°F. In 12-inch skillet, cook beef, onion and bell pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Stir in pizza sauce, pepperoni and olives; heat until hot. Spoon into ungreased 13x9-inch (3-quart) glass baking dish.
- In medium bowl, stir Bisquick mix, milk and eggs until blended.
- Pour evenly over pepperoni mixture.
- Bake uncovered about 25 minutes or until crust is light brown.
- Sprinkle with cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted.

Nutrition Facts

  
 **PROTEIN 22.92%**  **FAT 67.27%**  **CARBS 9.81%**

Properties

Glycemic Index:18.5, Glycemic Load:2.57, Inflammation Score:-6, Nutrition Score:15.055652100107%

Flavonoids

Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 396.56kcal (19.83%), Fat: 30.08g (46.28%), Saturated Fat: 10.09g (63.08%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 7.63g (2.78%), Sugar: 5.95g (6.62%), Cholesterol: 109.71mg (36.57%), Sodium: 1037.2mg (45.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.12%), Vitamin B12: 1.75µg (29.21%), Selenium: 19.34µg (27.63%), Vitamin C: 22.66mg (27.47%), Vitamin B3: 4.6mg (23.01%), Zinc: 3.42mg (22.79%), Vitamin B6: 0.45mg (22.54%), Phosphorus: 209.5mg (20.95%), Vitamin B2: 0.3mg (17.88%), Potassium: 617.51mg (17.64%), Vitamin E: 2.39mg (15.9%), Iron: 2.65mg (14.73%), Manganese: 0.28mg (13.91%), Vitamin A: 638.89IU (12.78%), Calcium: 122.64mg (12.26%), Vitamin B5: 1.16mg (11.58%), Copper: 0.2mg (10.1%), Vitamin B1: 0.14mg (9.61%), Magnesium: 37.07mg (9.27%), Fiber: 2.24g (8.95%), Vitamin K: 6.69µg (6.37%), Vitamin D: 0.89µg (5.92%), Folate: 23.13µg (5.78%)