



Very Veggie Pizza Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz mushrooms fresh sliced (3 cups)
- 1 cup zucchini sliced
- 1 medium bell pepper sliced
- 1 clove garlic finely chopped
- 2 cups baking mix bisquick heart smart®
- 0.3 cup processed cheese food room temperature ()
- 0.3 cup water hot
- 0.5 cup tomato sauce

3 oz mozzarella cheese shredded reduced-fat

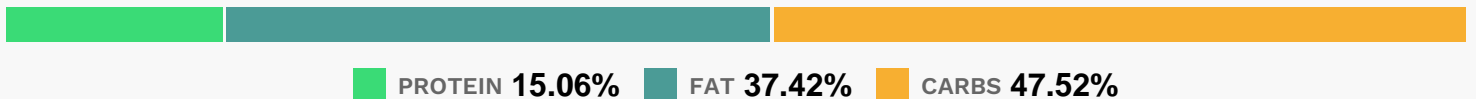
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 375°F. Spray cookie sheet with cooking spray.
- Spray 10-inch skillet with cooking spray; heat over medium-high heat.
- Add mushrooms, zucchini, bell pepper and garlic; cook about 5 minutes, stirring occasionally, until vegetables are crisp-tender. Set aside.
- In medium bowl, stir Bisquick mix, cheese sauce and very hot water until soft dough forms. On surface sprinkled with Bisquick mix, roll dough in Bisquick to coat. Knead about 5 times or until smooth.
- On cookie sheet, roll or pat dough into 14-inch round.
- Spread pizza sauce over dough to within 3 inches of edge. Top with vegetable mixture.
- Sprinkle with mozzarella cheese. Fold edge of dough over mixture.
- Bake 23 to 25 minutes or until crust is golden brown and cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:10.490869563559%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 188.61kcal (9.43%), Fat: 7.94g (12.22%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 21.07g (7.66%), Sugar: 5.84g (6.48%), Cholesterol: 11.78mg (3.93%), Sodium: 597.98mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Phosphorus: 291.61mg (29.16%), Vitamin C: 23.69mg (28.71%), Vitamin B2: 0.33mg (19.12%), Calcium: 189.97mg (19%), Vitamin B1: 0.22mg (14.5%), Folate: 55.58µg (13.89%), Vitamin B3: 2.77mg (13.85%), Vitamin A: 656.75IU (13.14%), Selenium: 7.49µg (10.7%), Manganese: 0.18mg (9.25%), Copper: 0.17mg (8.58%), Vitamin B5: 0.84mg (8.44%), Potassium: 272.58mg (7.79%), Vitamin B6: 0.15mg (7.51%), Iron: 1.3mg (7.21%), Fiber: 1.62g (6.47%), Zinc: 0.86mg (5.7%), Magnesium: 20.67mg (5.17%), Vitamin B12: 0.28µg (4.69%), Vitamin K: 4.06µg (3.87%), Vitamin E: 0.57mg (3.77%)