



Bacon Cheeseburger Pizza

READY IN



25 min.

SERVINGS



8

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb bread french
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 14 oz tomato sauce (any variety)
- 1 cup tomatoes seeded chopped
- 8 slices bacon crumbled cooked
- 8 oz pizza cheese shredded finely

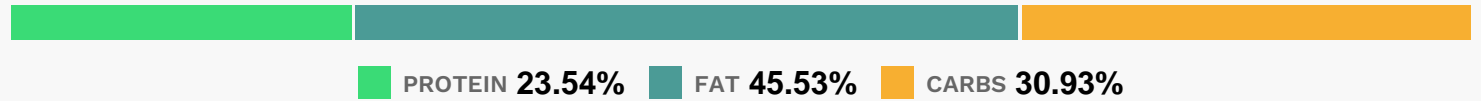
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400°F.
- Cut bread loaf horizontally in half.
- Cut bread halves crosswise in half to make 4 pieces (to fit on cookie sheet). Arrange on large ungreased cookie sheet; set aside.
- In 10-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is brown; drain. Stir in pizza sauce.
- Spread beef mixture over bread.
- Sprinkle with tomato, bacon and cheese.
- Bake 12 to 15 minutes or until pizza is hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:23.93, Inflammation Score:-6, Nutrition Score:15.840434709321%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 445.94kcal (22.3%), Fat: 22.8g (35.08%), Saturated Fat: 6.77g (42.34%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 32.46g (11.8%), Sugar: 5.3g (5.89%), Cholesterol: 53.85mg (17.95%), Sodium: 804.07mg (34.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.05%), Selenium: 29.12µg (41.61%), Vitamin B1: 0.5mg (33.01%), Vitamin B3: 6.58mg (32.92%), Vitamin B2: 0.38mg (22.53%), Zinc: 3.36mg (22.42%), Iron: 3.94mg (21.89%), Vitamin B12: 1.3µg (21.68%), Folate: 82.87µg (20.72%), Phosphorus: 200.92mg (20.09%), Manganese: 0.39mg (19.59%), Vitamin B6: 0.36mg (18.11%), Potassium: 465.43mg (13.3%), Calcium: 108.38mg

(10.84%), Magnesium: 40.75mg (10.19%), Copper: 0.2mg (0.06%), Fiber: 2.39g (9.54%), Vitamin C: 6.76mg (8.2%),
Vitamin E: 1.2mg (8.01%), Vitamin A: 373.12IU (7.46%), Vitamin B5: 0.75mg (7.46%), Vitamin K: 4.32µg (4.11%)