



## Bacon Cheeseburger Upside Down Pizza

READY IN



35 min.

SERVINGS



6

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices bacon
- 2 eggs
- 1 cup flour all-purpose
- 1 bell pepper green chopped
- 1 pound ground beef
- 1 cup milk
- 1 onion chopped
- 1.5 cups tomato sauce
- 3 roma tomatoes chopped (plum)

- 0.3 teaspoon salt
- 4 ounces cheddar cheese shredded
- 1 tablespoon vegetable oil

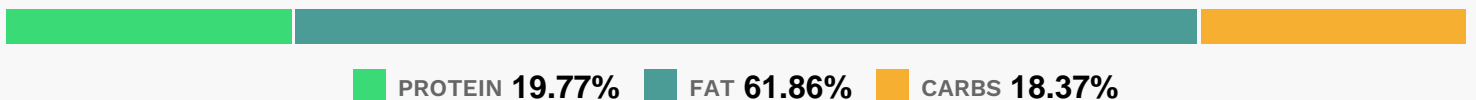
## Equipment

- bowl
- frying pan
- sauce pan
- oven

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown; drain. Crumble and set aside 2 slices. Crumble remaining 6 slices.
- Preheat oven to 400 degrees F (200 degrees C).
- In a large saucepan over medium-high heat, saute the beef, onion and bell pepper until beef is browned.
- Drain, and stir in the 6 slices crumbled bacon and pizza sauce. Spoon mixture into an ungreased 9x13 inch pan.
- Sprinkle with tomatoes and top with the cheese.
- In a medium bowl, beat the eggs slightly.
- Mix in milk and oil, then add the flour and salt. Beat for 2 minutes at medium speed.
- Pour evenly over the meat mixture.
- Sprinkle with the remaining bacon.
- Bake in preheated oven for 20 to 30 minutes, or until topping is lightly puffed and deep, golden brown.

## Nutrition Facts



## Properties

Glycemic Index:43.33, Glycemic Load:14.15, Inflammation Score:-7, Nutrition Score:21.633043600165%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

## Nutrients (% of daily need)

Calories: 564.28kcal (28.21%), Fat: 38.65g (59.47%), Saturated Fat: 14.98g (93.6%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 23.33g (8.48%), Sugar: 6.38g (7.09%), Cholesterol: 151.37mg (50.46%), Sodium: 795.24mg (34.58%), Alcohol: 0g (100%), Protein: 27.8g (55.6%), Selenium: 35.38µg (50.55%), Vitamin B12: 2.31µg (38.58%), Phosphorus: 374.12mg (37.41%), Zinc: 4.95mg (32.97%), Vitamin B3: 6.58mg (32.88%), Vitamin C: 25.84mg (31.32%), Vitamin B2: 0.5mg (29.49%), Vitamin B6: 0.55mg (27.27%), Vitamin B1: 0.36mg (23.8%), Calcium: 227.99mg (22.8%), Iron: 3.62mg (20.11%), Potassium: 697.16mg (19.92%), Vitamin A: 942.5IU (18.85%), Folate: 69.91µg (17.48%), Manganese: 0.31mg (15.47%), Vitamin E: 2.08mg (13.84%), Vitamin B5: 1.35mg (13.47%), Magnesium: 49.11mg (12.28%), Vitamin K: 11.92µg (11.35%), Copper: 0.21mg (10.73%), Fiber: 2.5g (10.01%), Vitamin D: 1.05µg (6.98%)