



Barbecue Cheeseburger Pizza



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1.5 cups barbecue sauce
- ☐ 0.3 cup water hot
- ☐ 1 tablespoon vegetable oil
- ☐ 1 slices dill pickles
- ☐ 5 slices processed cheese food
- ☐ 1.5 cups frangelico

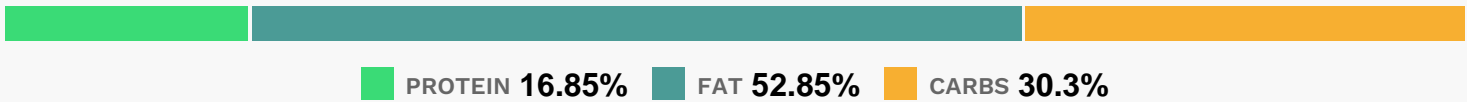
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Move oven rack to lowest position; heat oven to 450°F. Spray 12-inch pizza pan with cooking spray. In 10-inch skillet, cook beef over medium heat, stirring occasionally, until thoroughly cooked; drain. Stir in 1/2 cup of the barbecue sauce; set aside.
- ☐ In medium bowl, stir Bisquick mix, very hot water and oil until dough forms; beat vigorously 20 strokes with spoon. Using fingers dipped in Bisquick mix, press dough in pizza pan; pinch edge to form 1/2-inch rim.
- ☐ Spread remaining 1 cup barbecue sauce over crust. Top with beef mixture and pickle slices. Top with cheese.
- ☐ Bake 12 to 15 minutes or until crust is brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:8.5230434407359%

Nutrients (% of daily need)

Calories: 302.3kcal (15.11%), Fat: 17.63g (27.13%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 22.07g (8.03%), Sugar: 18.35g (20.39%), Cholesterol: 53.38mg (17.79%), Sodium: 966.56mg (42.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.3%), Vitamin B12: 1.41µg (23.5%), Phosphorus: 187.54mg (18.75%), Zinc: 2.81mg (18.73%), Calcium: 175.74mg (17.57%), Selenium: 11.85µg (16.93%), Vitamin B3: 2.75mg (13.74%), Vitamin B6: 0.24mg (11.85%), Vitamin B2: 0.16mg (9.16%), Potassium: 316.52mg (9.04%), Iron: 1.57mg (8.73%), Vitamin K: 8.71µg (8.29%), Vitamin E: 0.93mg (6.19%), Vitamin A: 279.61IU (5.59%), Magnesium: 21.45mg (5.36%), Manganese: 0.09mg (4.39%), Vitamin B5: 0.44mg (4.35%), Copper: 0.09mg (4.27%), Vitamin B1: 0.05mg (3.19%), Fiber: 0.68g (2.71%), Folate: 7.64µg (1.91%)