






 **15%**  
HEALTH SCORE

# Broiled Pizza Burgers

 Dairy Free

READY IN  
  
**25 min.**

SERVINGS  
  
**4**

CALORIES  
  
**626 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 1 pound ground beef
- 1 tablespoon onion chopped
- 2 teaspoons cornstarch
- 14 ounces tomatoes diced undrained canned
- 1 teaspoon oregano dried
- 0.3 teaspoon salt
- 0.3 teaspoon onion salt
- 10 slices processed cheese food divided (Velveeta)

4 hawaiian rolls split

## Equipment

frying pan

baking sheet

## Directions

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
- Sprinkle with cornstarch; stir until blended. Stir in the tomatoes, oregano, salt and onion salt. Cook, uncovered, for 5 minutes or until slightly thickened.
- Add six cheese slices; cook and stir until cheese is melted and blended.
- Place hamburger buns cut side up on an ungreased baking sheet; spoon about 1/4 cup meat mixture onto each bun half.
- Cut remaining cheese slices in half diagonally; place over meat mixture. Broil 6–8 in. from the heat for 3–4 minutes or until cheese is melted.

## Nutrition Facts

PROTEIN **21.86%** FAT **59.55%** CARBS **18.59%**

## Properties

Glycemic Index:30.25, Glycemic Load:13.46, Inflammation Score:-7, Nutrition Score:24.644782740137%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 625.78kcal (31.29%), Fat: 41.2g (63.39%), Saturated Fat: 18.57g (116.06%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 26.92g (9.79%), Sugar: 6.8g (7.56%), Cholesterol: 133.01mg (44.34%), Sodium: 1598.56mg (69.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.04g (68.08%), Calcium: 670.48mg (67.05%), Phosphorus: 579.57mg (57.96%), Selenium: 39.47µg (56.39%), Vitamin B12: 3.3µg (55%), Zinc: 6.52mg (43.46%),

Vitamin B3: 7.36mg (36.82%), Iron: 5.16mg (28.69%), Vitamin B2: 0.48mg (28.02%), Vitamin B6: 0.54mg (27%),  
Vitamin B1: 0.34mg (22.45%), Manganese: 0.38mg (18.83%), Potassium: 624.51mg (17.84%), Folate: 62.16µg  
(15.54%), Magnesium: 55.37mg (13.84%), Vitamin A: 621.2IU (12.42%), Vitamin C: 9.98mg (12.1%), Vitamin E: 1.77mg  
(11.78%), Vitamin K: 11.47µg (10.92%), Copper: 0.21mg (10.68%), Vitamin B5: 0.91mg (9.06%), Fiber: 2.03g (8.12%),  
Vitamin D: 0.43µg (2.86%)