



Cheeseburger Pizza

READY IN



20 min.

SERVINGS



20

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup pizza low-moisture mozzarella & cheddar cheeses shredded kraft
- 1 Tbsp oil
- 1 small onion thinly sliced
- 1 ready-to-use baked pizza crust
- 0.5 cup classico pizza sauce traditional
- 1 tomatoes sliced
- 0.3 cup heinz tomato ketchup
- 1 cup boca veggie ground crumbles frozen

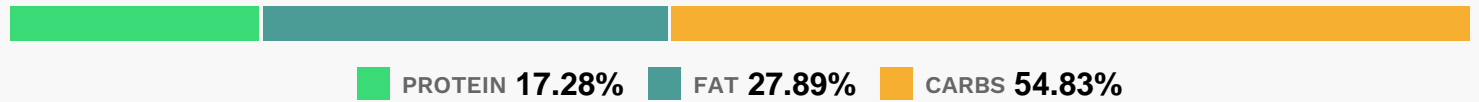
Equipment

oven

Directions

- Heat oven to 425F.
- Brush crust with oil.
- Combine crumbles, sauce and ketchup; spread onto crust. Top with remaining ingredients.
- Place directly on oven rack.
- Bake 10 min. or until crust is golden brown and crumbles are heated through (160F).

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.24304348036%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 85.57kcal (4.28%), Fat: 2.68g (4.12%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 11.12g (4.04%), Sugar: 1.59g (1.76%), Cholesterol: 2.75mg (0.92%), Sodium: 208.84mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin B12: 0.41µg (6.84%), Calcium: 50.09mg (5.01%), Iron: 0.85mg (4.74%), Vitamin B1: 0.06mg (3.81%), Phosphorus: 35.76mg (3.58%), Vitamin B3: 0.62mg (3.12%), Fiber: 0.73g (2.9%), Vitamin B6: 0.06mg (2.83%), Vitamin A: 118.85IU (2.38%), Vitamin E: 0.31mg (2.07%), Vitamin B2: 0.03mg (2.01%), Vitamin C: 1.65mg (2%), Selenium: 1.21µg (1.72%), Potassium: 58.98mg (1.69%), Zinc: 0.23mg (1.56%), Vitamin K: 1.32µg (1.25%), Manganese: 0.02mg (1.08%)