



Cheeseburger Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound extra-lean ground beef
- 1 bell pepper green cut into rings
- 1 teaspoon steak seasoning
- 0.5 onion thinly sliced
- 16 ounce pizza crust dough refrigerated
- 8 slices provolone cheese
- 1 bell pepper red cut into rings
- 1.5 cups mozzarella cheese shredded
- 2 tablespoons spicy brown mustard

Equipment

- frying pan
- baking sheet
- oven
- pizza pan

Directions

- Preheat the oven to 450 degrees F.
- Let the pizza dough rest according to package directions. Press the dough into a 16-inch pizza pan or a rimmed baking sheet.
- Bake for 5 minutes.
- In a large skillet, combine the bell peppers and onions. Cook over medium heat until the vegetables are tender, about 8 minutes.
- Remove from the heat. Next, add the ground beef and cook until crumbly and brown.
- Remove from the heat and drain well.
- Spread the mustard over the pizza crust. Top with the provolone, beef mixture and mozzarella.
- Sprinkle with the Montreal steak seasoning.
- Bake until the crust is browned and the cheese melts, about 10 minutes.
- Cut into wedges to serve.

Nutrition Facts



PROTEIN 29.57% **FAT 36.48%** **CARBS 33.95%**

Properties

Glycemic Index:25.83, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:18.47347810994%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 479.33kcal (23.97%), Fat: 19.42g (29.87%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 38.38g (13.95%), Sugar: 6.9g (7.66%), Cholesterol: 86.47mg (28.82%), Sodium: 1013.05mg (44.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.41g (70.82%), Vitamin C: 42.07mg (51%), Vitamin B12: 2.7µg (45.03%), Phosphorus: 392.21mg (39.22%), Zinc: 5.62mg (37.45%), Calcium: 351.67mg (35.17%), Selenium: 23.38µg (33.4%), Iron: 4.46mg (24.8%), Vitamin B3: 4.56mg (22.8%), Vitamin A: 1119.08IU (22.38%), Vitamin B6: 0.45mg (22.31%), Vitamin B2: 0.31mg (18.3%), Potassium: 417.53mg (11.93%), Magnesium: 37.75mg (9.44%), Fiber: 2.3g (9.18%), Vitamin B5: 0.75mg (7.54%), Vitamin K: 6.66µg (6.35%), Manganese: 0.12mg (6.02%), Folate: 21.93µg (5.48%), Vitamin B1: 0.08mg (5.38%), Vitamin E: 0.73mg (4.89%), Copper: 0.09mg (4.72%), Vitamin D: 0.31µg (2.1%)