



Cheeseburger Pizza

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup processed cheese food
- ☐ 0.3 cup processed cheese food
- ☐ 0.3 cup water hot
- ☐ 1 oz colby cheese shredded
- ☐ 0.3 cup plum tomatoes chopped (Roma)
- ☐ 2 cups frangelico

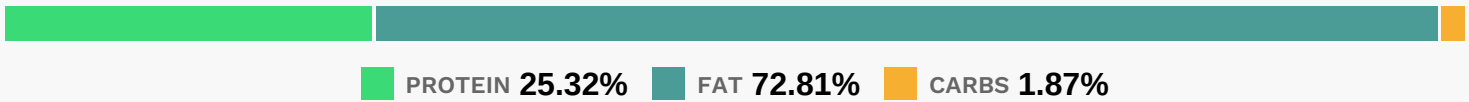
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Grease large cookie sheet with shortening or cooking spray. In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain. Stir in 1/2 cup cheese sauce until cheese is melted; set aside.
- ☐ In medium bowl, stir Bisquick mix, 1/4 cup cheese sauce and the hot water until soft dough forms; beat vigorously 20 strokes. On surface dusted with Bisquick mix, gently roll dough in Bisquick mix to coat. Shape into ball; knead about 5 times or until smooth.
- ☐ Roll dough into 14-inch circle; place on cookie sheet.
- ☐ Spoon beef mixture over dough to within 2 inches of edge. Fold dough edge over beef mixture.
- ☐ Bake 25 to 28 minutes or until crust is golden brown.
- ☐ Sprinkle with cheese and tomato.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:7.2204347887765%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 208.45kcal (10.42%), Fat: 16.67g (25.65%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.57g (0.64%), Cholesterol: 56.75mg (18.92%), Sodium: 279.57mg

(12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.09%), Vitamin B12: 1.44µg (23.99%), Phosphorus: 192.28mg (19.23%), Zinc: 2.82mg (18.82%), Calcium: 172.84mg (17.28%), Selenium: 11.67µg (16.67%), Vitamin B3: 2.47mg (12.34%), Vitamin B6: 0.2mg (10.05%), Vitamin B2: 0.13mg (7.63%), Iron: 1.24mg (6.87%), Potassium: 198.28mg (5.67%), Vitamin A: 241.37IU (4.83%), Magnesium: 15.13mg (3.78%), Vitamin B5: 0.35mg (3.54%), Vitamin E: 0.4mg (2.67%), Copper: 0.05mg (2.46%), Vitamin K: 2.24µg (2.13%), Vitamin B1: 0.03mg (2.04%), Folate: 7.14µg (1.78%), Vitamin C: 1.35mg (1.64%), Manganese: 0.02mg (1.14%), Vitamin D: 0.16µg (1.04%)