



Cheeseburger Pizza

READY IN



55 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 oz colby cheese shredded
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.3 cup nacho cheese dip
- ☐ 0.3 cup plum tomatoes chopped (Roma)
- ☐ 0.3 cup water hot
- ☐ 2 cups baking mix original bisquick®

Equipment

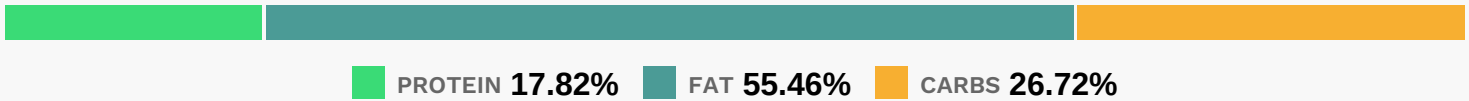
- ☐ bowl

- ☐ 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:4.75, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:9.3482609106147%

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: 302.64kcal (15.13%), Fat: 18.44g (28.37%), Saturated Fat: 6.55g (40.96%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 19.24g (7%), Sugar: 4.07g (4.52%), Cholesterol: 44.89mg (14.96%), Sodium: 503.75mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Phosphorus: 283.65mg (28.36%), Vitamin B12: 1.36µg (22.66%), Vitamin B3: 3.82mg (19.11%), Zinc: 2.68mg (17.84%), Selenium: 11.27µg (16.1%), Vitamin B2: 0.23mg

(13.54%), Vitamin B1: 0.2mg (13.4%), Iron: 1.98mg (11.03%), Folate: 43.59µg (10.9%), Vitamin B6: 0.22mg (10.83%), Calcium: 94.67mg (9.47%), Potassium: 229.85mg (6.57%), Manganese: 0.12mg (5.97%), Vitamin B5: 0.57mg (5.66%), Magnesium: 19.22mg (4.8%), Copper: 0.09mg (4.46%), Vitamin K: 3.85µg (3.66%), Vitamin A: 158.17IU (3.16%), Fiber: 0.75g (2.99%), Vitamin E: 0.33mg (2.23%), Vitamin C: 1.44mg (1.75%)