

Cheeseburger Pizza

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

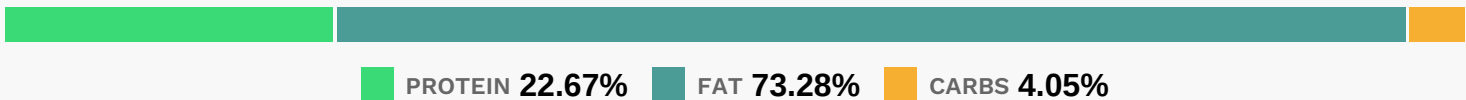
Equipment

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

Directions

- ☐ Heat oven to 375F. 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:-2, Nutrition Score:5.6121738410514%

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: 203.23kcal (10.16%), Fat: 16.47g (25.33%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.16g (1.29%), Cholesterol: 45.62mg (15.21%), Sodium: 242.35mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.93%), Vitamin B12: 1.24µg (20.71%), Zinc: 2.5mg (16.64%), Selenium: 9.02µg (12.88%), Vitamin B3: 2.46mg (12.29%), Phosphorus: 108.14mg (10.81%), Vitamin B6: 0.19mg (9.69%), Iron: 1.15mg (6.41%), Vitamin B2: 0.1mg (5.83%), Potassium: 180.95mg (5.17%), Calcium: 51.52mg (5.15%), Vitamin A: 236.23IU (4.72%), Vitamin B5: 0.3mg (3.01%), Magnesium: 11.72mg (2.93%), Copper: 0.04mg (2.15%), Vitamin E: 0.3mg (1.97%), Vitamin B1: 0.03mg (1.9%), Vitamin K: 1.89µg (1.8%), Vitamin C: 1.35mg (1.64%), Folate: 6.09µg (1.52%)