



## Pizza Crisps

READY IN



40 min.

SERVINGS



36

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.3 lb ground beef 80% lean (at least )
- 0.5 cup pepperoni diced (from 6-oz package)
- 8 oz tomato sauce canned
- 4 oz pizza cheese shredded italian
- 8 oz cheddar cheese shredded
- 36 slices sourdough bread

## Equipment

- frying pan

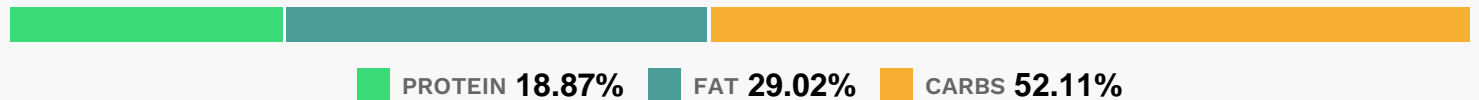
baking sheet

oven

## Directions

- Heat oven to 350°F. In 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in pepperoni and pizza sauce. Cook 2 to 3 minutes over medium heat until hot. Stir in Italian cheese blend and 1 cup of the Cheddar-American cheese blend until melted.
- Arrange bread slices on 2 ungreased cookie sheets.
- Spread generous tablespoon of beef mixture on each slice. Top each with about 1 teaspoon of the remaining cheese.\*
- Bake 15 to 20 minutes or until thoroughly heated and crisp.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:5.01, Glycemic Load:25.76, Inflammation Score:-4, Nutrition Score:10.243043583372%

## Nutrients (% of daily need)

Calories: 259.32kcal (12.97%), Fat: 8.37g (12.88%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 32.33g (11.76%), Sugar: 3.2g (3.56%), Cholesterol: 19.63mg (6.54%), Sodium: 497.68mg (21.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Selenium: 22.94µg (32.77%), Vitamin B1: 0.47mg (31.25%), Folate: 81.79µg (20.45%), Vitamin B2: 0.33mg (19.56%), Vitamin B3: 3.89mg (19.47%), Manganese: 0.35mg (17.68%), Iron: 2.9mg (16.11%), Phosphorus: 125.12mg (12.51%), Zinc: 1.61mg (10.72%), Calcium: 88.14mg (8.81%), Vitamin B12: 0.42µg (7.07%), Vitamin B6: 0.14mg (6.78%), Magnesium: 26.09mg (6.52%), Fiber: 1.5g (6.01%), Copper: 0.12mg (5.88%), Potassium: 145.27mg (4.15%), Vitamin B5: 0.36mg (3.57%), Vitamin E: 0.35mg (2.35%), Vitamin A: 90.4IU (1.81%), Vitamin K: 1.15µg (1.1%)