



Ground Beef Mummy Bread

READY IN



20 min.

SERVINGS



4

CALORIES



1161 kcal

Ingredients

- ☐ 1 medium bell pepper green cut into bite-size strips
- ☐ 1 lb bread crumbs italian halved lengthwise (12 inches long)
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 small onion cut into thin wedges
- ☐ 6 oz provolone cheese thinly sliced quartered
- ☐ 1 medium bell pepper red cut into bite-size strips
- ☐ 0.5 cup salad dressing italian

Equipment

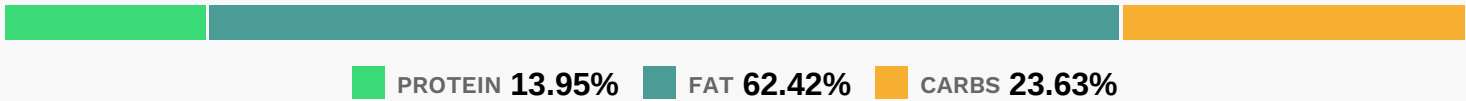
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Set oven control to broil. In 12-inch nonstick skillet, cook beef, bell peppers and onion over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain. Stir in 1/4 cup of the dressing.
- ☐ Spread remaining 1/4 cup dressing on cut sides of bread.
- ☐ Place both halves, cut sides up, on ungreased large cookie sheet. Broil with tops 4 to 6 inches from heat 2 to 4 minutes or until lightly toasted.
- ☐ Remove bread from broiler.
- ☐ Spread beef mixture on cut halves of bread. Top with cheese.
- ☐ Return to broiler; broil 4 to 6 inches from heat 2 to 3 minutes or until cheese is melted.
- ☐ Cut each half into 2 pieces.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:26.540869671365%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 1161.24kcal (58.06%), Fat: 80.38g (123.66%), Saturated Fat: 38.65g (241.59%), Carbohydrates: 68.47g (22.82%), Net Carbohydrates: 63.07g (22.93%), Sugar: 41.16g (45.73%), Cholesterol: 109.85mg (36.62%), Sodium: 1100.31mg (47.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.41g (80.81%), Vitamin C: 63.41mg (76.86%), Vitamin B3: 10.46mg (52.28%), Vitamin B12: 3.05µg (50.79%), Phosphorus: 455.21mg (45.52%), Zinc: 6.5mg (43.36%), Calcium: 354.8mg (35.48%), Selenium: 23.88µg (34.11%), Vitamin B6: 0.59mg (29.52%), Iron:

5.14mg (28.58%), Vitamin A: 1426.69IU (28.53%), Vitamin B2: 0.44mg (26.16%), Folate: 103.62µg (25.9%), Potassium: 775.99mg (22.17%), Vitamin K: 23.16µg (22.05%), Fiber: 5.4g (21.59%), Vitamin B1: 0.26mg (17.5%), Magnesium: 60.23mg (15.06%), Vitamin E: 1.79mg (11.93%), Vitamin B5: 0.92mg (9.17%), Copper: 0.12mg (5.87%), Manganese: 0.12mg (5.84%), Vitamin D: 0.33µg (2.17%)