



## Hamburger-Mushroom Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce un bread italian
- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon garlic powder
- 6 ounces ground round
- 1 teaspoon penzey's southwest seasoning dried italian
- 1 cup pre mushrooms fresh
- 1 inch onion separated
- 6 ounces preshredded pizza double-cheese (a blend of part-skim mozzarella and cheddar cheese)
- 0.5 cup bottled pizza sauce traditional

## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 50
- Cut bread loaf in half horizontally.
- Place both halves of bread, cut side up, on a large baking sheet.
- Spread 1/4 cup pizza sauce over each half of bread. Divide onion rings and mushrooms evenly between bread halves. Crumble beef into 1/2-inch pieces, and divide beef evenly between bread halves.
- Sprinkle Italian seasoning, garlic powder, and red pepper evenly over each pizza, and top each with 3/4 cup cheese.
- Bake at 500 for 9 minutes or until beef is done and cheese melts.
- Cut each half into 3 equal pieces.

## Nutrition Facts

**PROTEIN 14.05%** **FAT 55.43%** **CARBS 30.52%**

## Properties

Glycemic Index:19, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:10.657391289006%

## Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 554.28kcal (27.71%), Fat: 34.18g (52.58%), Saturated Fat: 18.56g (115.98%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 39.03g (14.19%), Sugar: 24.77g (27.52%), Cholesterol: 36.57mg (12.19%), Sodium: 573.86mg (24.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.5g (39%), Vitamin B3: 5.68mg (28.39%), Calcium: 234.33mg (23.43%), Phosphorus: 232.57mg (23.26%), Vitamin B2: 0.28mg (16.4%), Zinc: 2.44mg (16.27%), Iron: 2.71mg (15.07%), Selenium: 10.49µg (14.99%), Vitamin B12: 0.87µg (14.42%), Folate: 57.45µg (14.36%), Fiber: 3.31g (13.25%), Potassium: 399.81mg (11.42%), Vitamin B1: 0.14mg (9.52%), Vitamin B6: 0.17mg (8.55%), Magnesium:

30.8mg (7.7%), Copper: 0.11mg (5.31%), Vitamin A: 255.15IU (5.1%), Vitamin B5: 0.5mg (5%), Vitamin E: 0.52mg (3.47%), Vitamin K: 3.42µg (3.25%), Manganese: 0.06mg (2.8%), Vitamin C: 1.81mg (2.19%)