



Make-Ahead Pizza Burgers

READY IN



50 min.

SERVINGS



72

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 72 slices processed cheese food cut into strips
- ☐ 0.3 cup butter softened
- ☐ 3 stalks celery minced
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 36 muffins split english
- ☐ 1.5 teaspoons garlic salt
- ☐ 4 pounds ground beef
- ☐ 72 servings salt and ground pepper black to taste
- ☐ 32 ounce catsup

- ☐ 1 onion minced
- ☐ 1.5 tablespoons oregano dried
- ☐ 6 ounce tomato paste canned
- ☐ 1.5 tablespoons sugar white

Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place onion and celery into a pot and cover with water; bring to a boil. Simmer until tender, about 3 minutes.
- ☐ Drain.
- ☐ Heat a large skillet over medium-high heat; cook and stir beef until it is crumbly, evenly browned, and no longer pink, about 5 minutes.
- ☐ Drain and discard any excess grease. Stir in onion mixture, ketchup, tomato soup, 1/2 can tomato paste, garlic salt, salt, and pepper; set aside to cool.
- ☐ Mix remaining 1 1/2 cans tomato paste, oregano, and sugar in a small bowl. Season with salt and pepper.
- ☐ Butter each English muffin half, then spread with tomato paste mixture. Divide ground beef mixture over each muffin half and top with strips of American cheese.
- ☐ Place open-faced sandwiches on large baking sheets.
- ☐ Bake in the preheated oven until cheese melts, about 15 minutes.

Nutrition Facts



 **PROTEIN 18.17%**  **FAT 49.76%**  **CARBS 32.07%**

Properties

Glycemic Index:5.45, Glycemic Load:9.96, Inflammation Score:-4, Nutrition Score:7.4100000132685%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 233.15kcal (11.66%), Fat: 12.92g (19.88%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 17.71g (6.44%), Sugar: 3.95g (4.39%), Cholesterol: 40.59mg (13.53%), Sodium: 688.35mg (29.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.23%), Calcium: 245.4mg (24.54%), Phosphorus: 219.02mg (21.9%), Vitamin B12: 0.87µg (14.45%), Zinc: 1.82mg (12.14%), Selenium: 8.28µg (11.84%), Vitamin B2: 0.16mg (9.15%), Vitamin B3: 1.79mg (8.93%), Manganese: 0.16mg (7.86%), Vitamin B6: 0.14mg (6.83%), Vitamin A: 314.29IU (6.29%), Potassium: 208.62mg (5.96%), Iron: 1.03mg (5.72%), Magnesium: 19.24mg (4.81%), Vitamin B1: 0.07mg (4.79%), Folate: 16.61µg (4.15%), Copper: 0.08mg (4.11%), Fiber: 1.02g (4.08%), Vitamin E: 0.54mg (3.62%), Vitamin B5: 0.36mg (3.6%), Vitamin K: 3µg (2.86%), Vitamin C: 1.48mg (1.79%), Vitamin D: 0.15µg (1.01%)