



Pepperoni Pizza Burger Bomba

READY IN



40 min.

SERVINGS



4

CALORIES



1129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce canned tomatoes crushed canned
- 8 ounces scamorza cheese sliced
- 1 clove garlic grated
- 1 pound ground beef
- 1 teaspoon penzey's southwest seasoning italian
- 4 servings kosher salt and pepper black
- 0.3 cup olive oil for brushing
- 1 tablespoon olive oil
- 4 ounces pepperoni thin (32 slices)

- 1 pound pizza dough store bought room temperature
- 1 tablespoon tomato paste

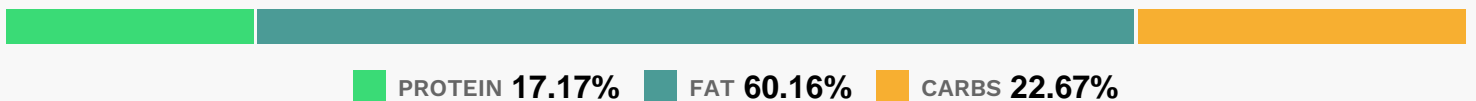
Equipment

- sauce pan
- oven
- wooden spoon
- grill
- pizza stone

Directions

- For the sauce: To a small saucepan over low heat add the oil and garlic and cook until fragrant.
- Add the tomato paste and seasoning, and mash with the back of a wooden spoon. Stir in the crushed tomatoes and bring to a simmer. Simmer for 15 minutes, then remove from the heat.
- For the burger: Preheat grill to medium-high heat. Preheat oven to 550 degrees F with pizza stone on the middle rack of the oven.
- Form the meat into four 4-ounce patties and sprinkle both sides with salt and pepper. Grill until medium, then remove from the heat and place on a paper-towel-lined plate.
- Divide the pizza dough into four 4-ounce balls. Press out each ball on a floured pizza peel to about a 5-inch round. Top each with a slice of scamorza, a couple slices of pepperoni, then 1 burger patty and 1 tablespoon of pizza sauce. Fold the dough over the burger as if making a large dumpling.
- Brush with olive oil.
- Bake on the pizza stone in the oven until golden brown, 8 to 10 minutes.
- Serve with extra tomato sauce on the side to dip.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:2.84, Inflammation Score:-6, Nutrition Score:27.582174031631%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1128.96kcal (56.45%), Fat: 75.92g (116.8%), Saturated Fat: 27.88g (174.23%), Carbohydrates: 64.39g (21.46%), Net Carbohydrates: 60.41g (21.97%), Sugar: 12.1g (13.44%), Cholesterol: 164.71mg (54.9%), Sodium: 2071.54mg (90.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.75g (97.5%), Selenium: 42.21µg (60.31%), Vitamin B12: 3.4µg (56.6%), Zinc: 7.83mg (52.19%), Phosphorus: 520.6mg (52.06%), Calcium: 471.47mg (47.15%), Iron: 7.43mg (41.29%), Vitamin B3: 7.6mg (38.01%), Vitamin E: 5.13mg (34.23%), Vitamin B6: 0.68mg (34%), Vitamin B2: 0.55mg (32.47%), Vitamin K: 24.12µg (22.97%), Potassium: 768.31mg (21.95%), Manganese: 0.42mg (20.87%), Vitamin A: 851.03IU (17.02%), Fiber: 3.98g (15.91%), Copper: 0.32mg (15.77%), Magnesium: 62.76mg (15.69%), Vitamin B1: 0.22mg (14.75%), Vitamin B5: 1.43mg (14.29%), Vitamin C: 10.25mg (12.42%), Folate: 35.85µg (8.96%), Vitamin D: 0.82µg (5.48%)