



Pizza Burgers

READY IN



20 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 14 oz tomato sauce
- ☐ 0.5 cup olives ripe sliced
- ☐ 6 sandwich rolls split
- ☐ 4 oz pizza cheese shredded

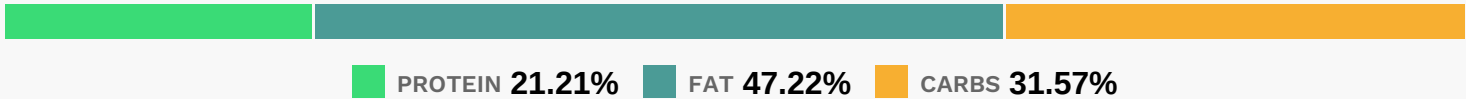
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, cook beef, onion and bell pepper over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- ☐ Stir in pizza sauce and olives.
- ☐ Heat to boiling, stirring occasionally.
- ☐ Spoon about 1/2 cup beef mixture on bottom half of each bun. Immediately sprinkle each with 2 tablespoons of the cheese; add tops of bun.
- ☐ Serve immediately or let stand about 2 minutes until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:16.942608543064%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 459.7kcal (22.99%), Fat: 24.25g (37.31%), Saturated Fat: 7.17g (44.81%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 33.35g (12.13%), Sugar: 4.29g (4.76%), Cholesterol: 57.46mg (19.15%), Sodium: 886.59mg (38.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.51g (49.02%), Selenium: 34.19µg (48.85%), Vitamin B3: 6.37mg (31.85%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.88mg (25.9%), Iron: 4.1mg (22.76%), Vitamin B1: 0.34mg (22.43%), Vitamin B2: 0.35mg (20.84%), Phosphorus: 201.11mg (20.11%), Vitamin C: 15.6mg (18.91%), Vitamin B6: 0.38mg (18.81%), Manganese: 0.37mg (18.64%), Folate: 69.51µg (17.38%), Potassium: 508.06mg (14.52%), Vitamin E: 1.98mg (13.19%), Calcium: 124.98mg (12.5%), Fiber: 3.11g (12.45%), Copper: 0.24mg (12.1%), Magnesium: 41.98mg (10.49%), Vitamin B5: 0.85mg (8.49%), Vitamin A: 376.85IU (7.54%), Vitamin K: 4.68µg (4.46%)