



Pizza Burgers I

READY IN



20 min.

SERVINGS



4

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 2 teaspoons cornstarch
- 1 pound ground beef
- 4 hamburger buns
- 4 hamburger buns split
- 1 tablespoon onion chopped
- 0.3 teaspoon onion salt
- 1 teaspoon oregano dried
- 14 ounce pizza sauce canned

- 10 slices american processed cheese
- 0.3 teaspoon salt
- 4 slices mozzarella cheese shredded

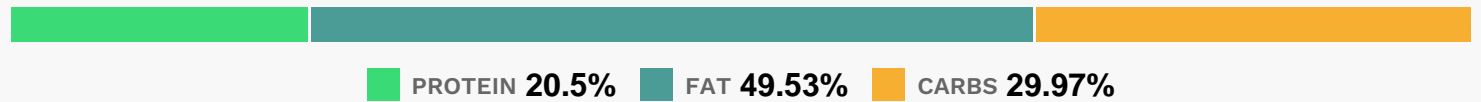
Equipment

- frying pan
- microwave

Directions

- Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain excess fat. Stir in pizza sauce, and heat through. Spoon onto buns and top with cheese. Microwave for 15 to 20 seconds, or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:30.15, Inflammation Score:-9, Nutrition Score:35.317825939344%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 788.58kcal (39.43%), Fat: 43.57g (67.02%), Saturated Fat: 19.13g (119.55%), Carbohydrates: 59.3g (19.77%), Net Carbohydrates: 54.05g (19.65%), Sugar: 15.64g (17.38%), Cholesterol: 133.8mg (44.6%), Sodium: 2281.33mg (99.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.13%), Calcium: 755.52mg (75.55%), Selenium: 52.45µg (74.93%), Phosphorus: 667.36mg (66.74%), Vitamin B12: 3.41µg (56.82%), Vitamin B3: 10.69mg (53.47%), Zinc: 7.22mg (48.13%), Iron: 7.97mg (44.28%), Vitamin B1: 0.63mg (41.79%), Manganese: 0.83mg (41.62%), Vitamin B2: 0.67mg (39.42%), Vitamin B6: 0.71mg (35.44%), Potassium: 1087mg (31.06%), Folate: 117µg (29.25%), Vitamin E: 3.92mg (26.16%), Copper: 0.49mg (24.71%), Vitamin A: 1162.89IU (23.26%), Magnesium: 89.98mg (22.5%), Vitamin C: 17.71mg (21.47%), Fiber: 5.25g (21.01%), Vitamin K: 18.9µg (18%), Vitamin B5: 1.38mg (13.82%), Vitamin D: 0.43µg (2.88%)