



Pizza Burgers II

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 pounds ground beef
- ☐ 8 hamburger buns split
- ☐ 12 ounce luncheon meat fully cooked
- ☐ 2 small onions chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 12 ounces processed cheese food cubed

☐ 6 ounce tomato paste canned

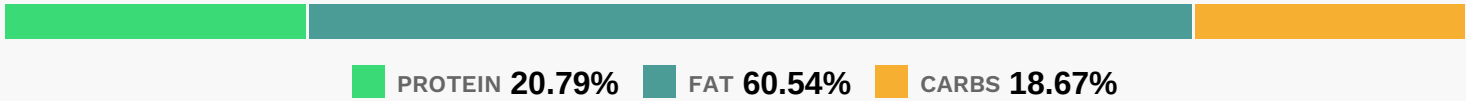
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over medium-high heat, cook the ground beef until evenly browned, stirring to crumble.
- ☐ Drain fat, and set aside.
- ☐ Process the luncheon meat, cheese and onion in a food processor or run through a grinder until finely chopped.
- ☐ Transfer to a large bowl. Stir in the browned beef, tomato soup, tomato paste, garlic salt, and oregano until well blended.
- ☐ Spread a couple of spoonfuls of the meat mixture onto each bun half, and place them on a baking sheet.
- ☐ Bake for 10 to 15 minutes in the preheated oven, until the meat is hot and the bun is crisp.

Nutrition Facts



Properties

Glycemic Index:12.22, Glycemic Load:8.03, Inflammation Score:-5, Nutrition Score:12.93304368724%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 369.83kcal (18.49%), Fat: 24.73g (38.04%), Saturated Fat: 10.53g (65.8%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 16.13g (5.87%), Sugar: 4.46g (4.96%), Cholesterol: 76.61mg (25.54%), Sodium: 958.19mg (41.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.21%), Selenium: 24.2µg (34.58%), Phosphorus: 291.82mg (29.18%), Vitamin B12: 1.67µg (27.85%), Calcium: 274.5mg (27.45%), Zinc: 3.48mg (23.18%), Vitamin B3: 4.37mg (21.87%), Vitamin B1: 0.23mg (15.47%), Vitamin B6: 0.3mg (14.97%), Vitamin B2: 0.25mg (14.51%), Iron: 2.45mg (13.59%), Potassium: 447.69mg (12.79%), Manganese: 0.2mg (9.99%), Folate: 30.01µg (7.5%), Magnesium: 29.26mg (7.32%), Vitamin A: 302.03IU (6.04%), Copper: 0.11mg (5.61%), Vitamin C: 4.37mg (5.29%), Vitamin E: 0.78mg (5.22%), Vitamin K: 4.98µg (4.74%), Vitamin B5: 0.41mg (4.12%), Fiber: 1.03g (4.11%), Vitamin D: 0.31µg (2.08%)