



Quick Beef Pizza

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

2415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 1 pound ground beef
- ☐ 12 inch pre-baked pizza crust thin
- ☐ 8 ounce cheddar cheese shredded

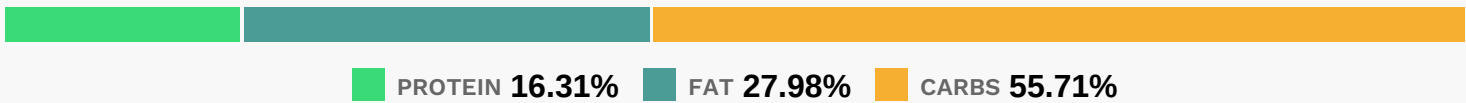
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place beef in a skillet over medium heat, and cook until evenly brown.
- ☐ Drain grease.
- ☐ Spread cream of mushroom soup over the pizza crust.
- ☐ Layer cooked beef over the soup, and top with cheese.
- ☐ Bake 15 minutes in the preheated oven, until cheese is melted and pizza is heated through.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:26.378695933715%

Nutrients (% of daily need)

Calories: 2414.88kcal (120.74%), Fat: 74.57g (114.72%), Saturated Fat: 35.89g (224.33%), Carbohydrates: 334.04g (111.35%), Net Carbohydrates: 323.65g (117.69%), Sugar: 10.42g (11.58%), Cholesterol: 141.02mg (47.01%), Sodium: 4582.41mg (199.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.82g (195.63%), Iron: 21.27mg (118.14%), Calcium: 1040.62mg (104.06%), Vitamin B12: 3.15µg (52.49%), Zinc: 7.66mg (51.06%), Selenium: 33.06µg (47.22%), Phosphorus: 460.95mg (46.09%), Fiber: 10.39g (41.56%), Vitamin B3: 5.51mg (27.54%), Vitamin B2: 0.46mg (27.27%), Vitamin B6: 0.44mg (21.79%), Potassium: 445.83mg (12.74%), Manganese: 0.25mg (12.28%), Copper: 0.24mg (12.01%), Vitamin A: 568.12IU (11.36%), Magnesium: 39.92mg (9.98%), Vitamin B5: 0.95mg (9.48%), Folate: 25.18µg (6.29%), Vitamin E: 0.89mg (5.93%), Vitamin B1: 0.08mg (5.36%), Vitamin K: 3.4µg (3.24%), Vitamin D: 0.45µg (3.02%)