



## Rye Bread Party Pizzas

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground beef
- 1 pound sausage meat
- 1 tablespoon catsup
- 1 pound processed cheese food
- 1 pound cocktail rye bread
- 1 teaspoon worcestershire sauce

### Equipment

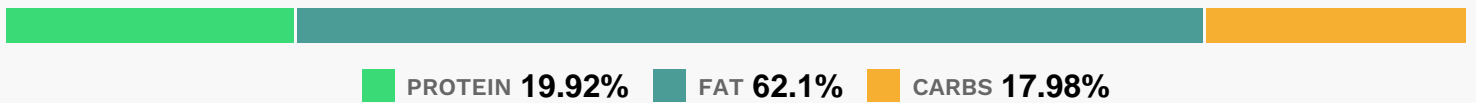
- bowl

- frying pan
- baking sheet
- oven
- aluminum foil
- microwave

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a medium baking sheet with aluminum foil.
- Place ground beef and ground pork sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain and set aside.
- Place processed cheese food in a large, microwave safe bowl. Microwave on high 3 to 4 minutes, or until processed cheese food is melted.
- Into the bowl with melted processed cheese food, mix Worcestershire sauce and ketchup. When thoroughly blended, mix in beef and pork.
- Place approximately 2 tablespoons of the mixture on each slice of cocktail rye bread.
- Arrange cocktail rye bread slices in a single layer on the prepared baking sheet.
- Bake in the preheated oven 10 to 15 minutes, or until lightly browned and crisp.

## Nutrition Facts



## Properties

Glycemic Index:7.16, Glycemic Load:7.03, Inflammation Score:-4, Nutrition Score:12.306956519251%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 360.56kcal (18.03%), Fat: 24.68g (37.97%), Saturated Fat: 10.63g (66.44%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.32g (5.21%), Sugar: 2.1g (2.33%), Cholesterol: 73.48mg (24.49%), Sodium: 914.5mg (39.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Calcium: 346.82mg (34.68%),

Phosphorus: 320.74mg (32.07%), Selenium: 20µg (28.57%), Vitamin B12: 1.36µg (22.63%), Zinc: 3.02mg (20.14%), Vitamin B3: 3.89mg (19.45%), Vitamin B1: 0.23mg (15.49%), Vitamin B2: 0.26mg (15.05%), Manganese: 0.27mg (13.35%), Vitamin B6: 0.23mg (11.54%), Iron: 1.99mg (11.07%), Folate: 38.22µg (9.56%), Magnesium: 29.51mg (7.38%), Potassium: 252.76mg (7.22%), Fiber: 1.76g (7.03%), Vitamin A: 316.01IU (6.32%), Vitamin B5: 0.61mg (6.1%), Copper: 0.11mg (5.51%), Vitamin D: 0.6µg (4.03%), Vitamin E: 0.54mg (3.59%), Vitamin K: 1.85µg (1.76%)