



Spam Pizza Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



1213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon anise seed
- 15 ounce chili without beans canned
- 0.3 teaspoon garlic salt
- 4 hamburger buns split
- 6 hamburger buns split
- 1.5 pounds ground beef lean
- 6 lettuce leaves
- 12 ounce luncheon meat fully cooked
- 0.5 teaspoon oregano dried

- 0.5 cup part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2 cups cheddar cheese shredded
- 6 slices tomatoes
- 6 ounce tomato paste canned

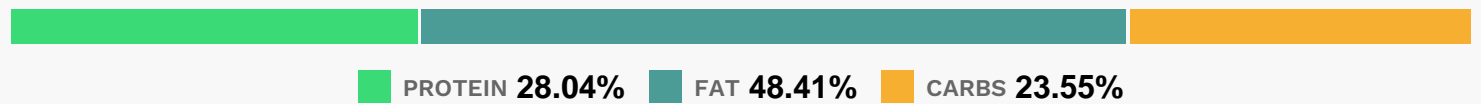
Equipment

- bowl
- baking sheet
- oven
- grater

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Grate the luncheon meat in to a medium bowl using a cheese grater. Stir in the chili and Cheddar cheese.
- Spread the mixture onto each bun half using a fork, and place them on a baking sheet.
- Bake for 8 to 10 minutes in the preheated oven, until heated through and buns are nicely toasted on the bottom.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:33.47, Inflammation Score:-10, Nutrition Score:51.71869549544%

Flavonoids

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

Nutrients (% of daily need)

Calories: 1213.06kcal (60.65%), Fat: 64.47g (99.19%), Saturated Fat: 27.92g (174.49%), Carbohydrates: 70.57g (23.52%), Net Carbohydrates: 66.77g (24.28%), Sugar: 11.62g (12.91%), Cholesterol: 253.63mg (84.54%), Sodium: 3238.03mg (140.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.01g (168.02%), Selenium: 103.72µg (148.18%), Vitamin B12: 6.21µg (103.43%), Phosphorus: 1004.77mg (100.48%), Zinc: 14.65mg (97.67%), Vitamin B3: 18.89mg (94.46%), Calcium: 744.13mg (74.41%), Vitamin B2: 1.21mg (71.34%), Vitamin B1: 1.04mg (69.63%), Vitamin A: 3409.23IU (68.18%), Iron: 11.57mg (64.29%), Vitamin B6: 1.21mg (60.53%), Manganese: 1.13mg (56.59%), Potassium: 1524.17mg (43.55%), Folate: 153.8µg (38.45%), Magnesium: 128.25mg (32.06%), Copper: 0.6mg (29.85%), Vitamin E: 2.89mg (19.26%), Vitamin C: 13.94mg (16.9%), Vitamin B5: 1.63mg (16.28%), Fiber: 3.81g (15.23%), Vitamin K: 13.72µg (13.07%), Vitamin D: 1.17µg (7.78%)