



Supreme Pizza Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



1237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings olives black sliced for topping
- 4 servings butter for toasting
- 1 bell pepper green thick sliced
- 1 pound ground beef
- 4 hamburger buns good (kaiser rolls from the bakery section)
- 1 pound sausage italian (a little more is fine!)
- 0.5 teaspoon penzey's southwest seasoning italian
- 8 tablespoons tomatoes jarred plus a little more
- 4 servings parmesan grated store bought

- 16 slices pepperoni
- 12 slices provolone cheese
- 4 servings onion red thinly sliced for topping

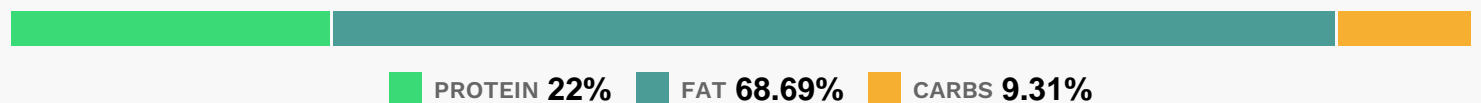
Equipment

- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Combine the ground beef, Italian sausage and Italian seasoning in a bowl. Knead the mixture together and form it into four large/thick patties.
- Heat a skillet over medium-high heat. Fry the burgers on one side for several minutes, then turn the burgers.
- Lay 2 slices of provolone on each patty, followed by 4 slices of pepperoni.
- Add a couple of thin slices of red onion, a slice of green bell pepper and a pile of black olives. Spoon a little marinara sauce on top, then lay another slice of cheese on top of all the fillings.
- Place the lid on the skillet and allow the burgers to cook all the way through while the cheese melts and the pepperoni warms.
- Split the rolls and toast them in butter in a skillet until nice and golden and crisp.
- Spread both halves with more marinara sauce and sprinkle the sauce with Parmesan.
- Lay the patties on the bottom buns, then top with the top buns.
- Serve immediately; hearty appetites are recommended!

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:14.33, Inflammation Score:-8, Nutrition Score:39.373043246891%

Flavonoids

Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 1237.41kcal (61.87%), Fat: 93.77g (144.26%), Saturated Fat: 40.94g (255.87%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 26.06g (9.48%), Sugar: 5.64g (6.26%), Cholesterol: 244.94mg (81.65%), Sodium: 2626.07mg (114.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.58g (135.16%), Selenium: 74.59µg (106.56%), Calcium: 913.38mg (91.34%), Phosphorus: 903.89mg (90.39%), Vitamin B12: 4.85µg (80.82%), Zinc: 10.07mg (67.14%), Vitamin B1: 1mg (66.67%), Vitamin B3: 11.35mg (56.74%), Vitamin B2: 0.82mg (48.34%), Vitamin B6: 0.94mg (46.88%), Vitamin C: 28.93mg (35.06%), Iron: 6.24mg (34.69%), Potassium: 929.08mg (26.55%), Vitamin A: 1184.13IU (23.68%), Manganese: 0.46mg (22.82%), Magnesium: 86.19mg (21.55%), Folate: 72.84µg (18.21%), Vitamin B5: 1.79mg (17.85%), Copper: 0.32mg (15.93%), Vitamin E: 2.33mg (15.51%), Vitamin K: 11.56µg (11.01%), Fiber: 2.51g (10.05%), Vitamin D: 0.65µg (4.35%)