



## To-Die-For-Rye-Pizza

READY IN



45 min.

SERVINGS



12

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon catsup
- 1 pound ground beef
- 1 pound sausage meat
- 16 oz pasteurized process cheese spread cubed
- 1 to 2 loaves party rye sliced
- 1 teaspoon worcestershire sauce

### Equipment

- frying pan

baking sheet

oven

## Directions

Brown sausage and beef in a large skillet over medium-high heat; drain.

Add cheese and stir over low heat until melted.

Add catsup and Worcestershire sauce. Spoon meat mixture onto rye slices by tablespoonfuls; arrange on a lightly greased baking sheet.

Bake at 350 for 10 to 12 minutes, or until cheese bubbles and bread is crisp.

## Nutrition Facts

**PROTEIN 15.83%** **FAT 77.3%** **CARBS 6.87%**

## Properties

Glycemic Index:2.33, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.6682608529277%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 329.65kcal (16.48%), Fat: 26.52g (40.81%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 5.28g (1.92%), Sugar: 3.75g (4.17%), Cholesterol: 74.67mg (24.89%), Sodium: 675.31mg (29.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.44%), Vitamin B12: 1.13µg (18.84%), Vitamin B3: 3.4mg (17.01%), Zinc: 2.41mg (16.05%), Calcium: 148.41mg (14.84%), Vitamin B6: 0.24mg (12%), Phosphorus: 111.9mg (11.19%), Selenium: 5.72µg (8.18%), Vitamin B1: 0.12mg (8.06%), Vitamin A: 378.76IU (7.58%), Iron: 1.19mg (6.61%), Vitamin B2: 0.1mg (6.18%), Potassium: 203.92mg (5.83%), Vitamin B5: 0.45mg (4.45%), Vitamin D: 0.53µg (3.53%), Vitamin C: 2.85mg (3.46%), Magnesium: 12.15mg (3.04%), Copper: 0.05mg (2.53%), Vitamin E: 0.25mg (1.64%)