



True Cheeseburger Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup dill pickle
- 0.8 pound ground beef chuck
- 0.3 teaspoon ground pepper black
- 0.7 cup catsup
- 1 cup lettuce shredded
- 0.5 cup onions chopped
- 14 ounce pre-baked pizza crust
- 0.3 teaspoon salt
- 1 cup sharp cheddar cheese shredded

- 1.5 cups mozzarella cheese shredded
- 1 cup tomatoes diced
- 2 tablespoons mustard yellow prepared

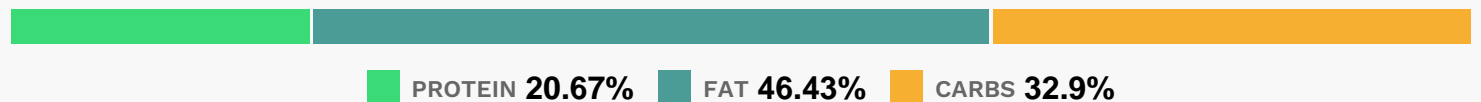
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Heat a large skillet over medium-high heat. Cook and stir beef, salt, and pepper in the hot skillet until meat is browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Mix ketchup and mustard in a bowl; spread mixture over pizza crust.
- Spread mozzarella cheese and Cheddar cheese over ketchup mixture and top with beef and onions.
- Transfer pizza to a large baking sheet.
- Bake in preheated oven until cheese is melted, about 20 minutes. Top with pickles and allow pizza to cool for 5 minutes. Top with shredded lettuce and tomatoes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:20.961304218873%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol:

0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 792.54kcal (39.63%), Fat: 41g (63.08%), Saturated Fat: 19.79g (123.68%), Carbohydrates: 65.36g (21.79%), Net Carbohydrates: 62.2g (22.62%), Sugar: 13.06g (14.51%), Cholesterol: 121.81mg (40.6%), Sodium: 1770.82mg (76.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.06g (82.12%), Calcium: 549.92mg (54.99%), Vitamin B12: 3.08µg (51.28%), Phosphorus: 452.34mg (45.23%), Selenium: 30.85µg (44.07%), Zinc: 6.08mg (40.53%), Iron: 5.11mg (28.38%), Vitamin B2: 0.47mg (27.53%), Vitamin A: 1211.96IU (24.24%), Vitamin B3: 4.55mg (22.77%), Vitamin B6: 0.45mg (22.3%), Potassium: 571.53mg (16.33%), Vitamin K: 15.06µg (14.34%), Fiber: 3.15g (12.62%), Magnesium: 48.11mg (12.03%), Vitamin C: 9.13mg (11.07%), Manganese: 0.21mg (10.51%), Vitamin E: 1.51mg (10.07%), Folate: 35.01µg (8.75%), Vitamin B1: 0.11mg (7.66%), Copper: 0.15mg (7.3%), Vitamin B5: 0.73mg (7.29%), Vitamin D: 0.42µg (2.82%)