



True Cheeseburger Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



783 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
- ☐ 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

☐ 2 tablespoons mustard yellow prepared

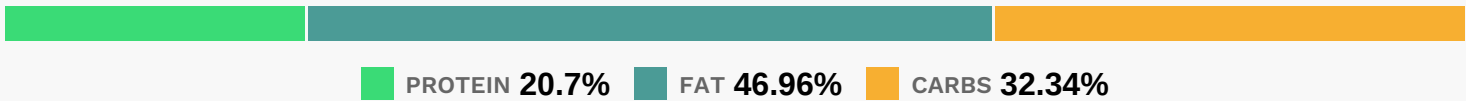
Equipment

- ☐ 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:36.25, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:18.916521663251%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 783.32kcal (39.17%), Fat: 40.9g (62.92%), Saturated Fat: 19.77g (123.59%), Carbohydrates: 63.37g (21.12%), Net Carbohydrates: 60.88g (22.14%), Sugar: 11.73g (13.03%), Cholesterol: 121.81mg (40.6%), Sodium: 1767.16mg (76.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.57g (81.14%), Calcium: 542.95mg (54.3%), Vitamin B12: 3.08µg (51.28%), Selenium: 30.83µg (44.04%), Phosphorus: 439.8mg (43.98%), Zinc: 5.99mg (39.93%), Iron: 4.93mg (27.41%), Vitamin B2: 0.46mg (26.85%), Vitamin B3: 4.31mg (21.56%), Vitamin B6: 0.41mg (20.43%), Vitamin A: 811.3IU (16.23%), Potassium: 457.86mg (13.08%), Magnesium: 42.75mg (10.69%), Fiber: 2.49g (9.96%), Vitamin E: 1.28mg (8.52%), Vitamin K: 7.78µg (7.4%), Manganese: 0.15mg (7.27%), Vitamin B5: 0.68mg (6.79%), Vitamin B1: 0.09mg (6.24%), Folate: 24.2µg (6.05%), Copper: 0.12mg (5.98%), Vitamin C: 3.53mg (4.27%), Vitamin D: 0.42µg (2.82%)