

Upside-Down Pizza

READY IN



45 min.

SERVINGS



45

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 eggs
- 1 cup flour all-purpose
- 1 pound ground beef
- 1 cup milk
- 1 medium onion chopped
- 0.5 teaspoon salt
- 2 cups mozzarella cheese shredded
- 14 ounce pasta sauce
- 1 teaspoon vegetable oil

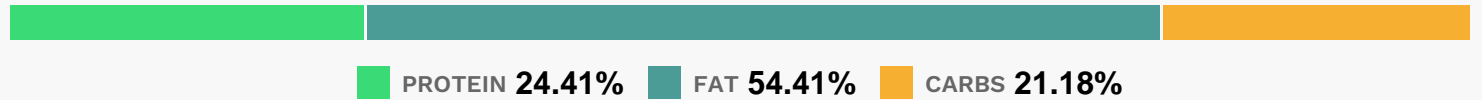
Equipment

- frying pan
- oven
- blender
- baking pan

Directions

- In a large skillet, cook beef and onion over medium heat until the meat is no longer pink; drain.
- Add spaghetti sauce. Cover and simmer until heated through.
- Pour into a greased 13-in. x 9-in. x 2-in. baking dish.
- Sprinkle with cheese.
- In a blender, combine the milk, eggs, oil, flour and salt; cover and process until smooth.
- Pour over cheese.
- Bake, uncovered, at 400 degrees F for 25–30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:4.71, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:2.4700000182442%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 60.68kcal (3.03%), Fat: 3.64g (5.61%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.94g (1.07%), Sugar: 0.74g (0.83%), Cholesterol: 19.01mg (6.34%), Sodium: 110.6mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin B12: 0.38µg (6.26%), Selenium: 4.07µg (5.81%), Phosphorus: 48.99mg (4.9%), Zinc: 0.66mg (4.38%), Vitamin B2: 0.07mg (3.86%), Calcium: 36.95mg (3.69%), Vitamin B3: 0.69mg (3.46%), Vitamin B6: 0.05mg (2.69%), Iron: 0.47mg (2.61%), Vitamin B1: 0.03mg

(2.31%), Potassium: 74.57mg (2.13%), Folate: 8.31µg (2.08%), Vitamin A: 91.23IU (1.82%), Manganese: 0.03mg (1.74%),
Vitamin B5: 0.15mg (1.5%), Magnesium: 5.77mg (1.44%), Vitamin E: 0.21mg (1.41%), Copper: 0.02mg (1.16%)