



## Upside-Down Pizza

READY IN



40 min.

SERVINGS



18

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground beef
- 2 ground sausage italian
- 4 ounces pepperoni sliced
- 16 ounce pizza cheese shredded
- 0.5 cup tomato sauce
- 13.8 ounce pizza dough refrigerated canned
- 28 ounce pasta sauce with meat

### Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Heat a large skillet over medium-high heat and stir in the ground beef and Italian sausage. Cook and stir until the meat is crumbly, evenly browned, and no longer pink; drain. Stir in the spaghetti sauce, pizza sauce, and pepperoni, and heat until bubbly.
- Transfer the mixture to an 11x13 inch baking dish.
- Sprinkle evenly with the shredded pizza cheese. Top with the pizza dough.
- Bake in the preheated oven until crust is lightly browned, about 20 minutes.

## Nutrition Facts

**PROTEIN 21.86%** **FAT 58.74%** **CARBS 19.4%**

## Properties

Glycemic Index:8.11, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:6.262608634389%

## Nutrients (% of daily need)

Calories: 285.39kcal (14.27%), Fat: 18.98g (29.2%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 13.02g (4.73%), Sugar: 3.16g (3.51%), Cholesterol: 38.5mg (12.83%), Sodium: 653.7mg (28.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.79%), Selenium: 9µg (12.86%), Vitamin B12: 0.73µg (12.24%), Vitamin B3: 2.29mg (11.44%), Zinc: 1.54mg (10.28%), Iron: 1.79mg (9.97%), Vitamin B6: 0.19mg (9.57%), Phosphorus: 81.18mg (8.12%), Potassium: 267.97mg (7.66%), Vitamin B1: 0.11mg (7.39%), Calcium: 65.5mg (6.55%), Vitamin B2: 0.11mg (6.32%), Vitamin E: 0.9mg (6.01%), Manganese: 0.1mg (5.08%), Vitamin C: 3.81mg (4.62%), Copper: 0.09mg (4.48%), Vitamin A: 220.42IU (4.41%), Fiber: 1.09g (4.36%), Vitamin B5: 0.42mg (4.22%), Magnesium: 14.8mg (3.7%), Vitamin K: 2.24µg (2.14%), Folate: 7.66µg (1.91%)