



VELVEETA® Spicy Cheeseburger Pizza

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb ground beef
- 1 cup lettuce shredded
- 1 ready-to-use baked pizza crust
- 10 oz ro*tel tomatoes & chilies diced green drained well canned
- 0.3 cup heinz tomato ketchup
- 8 oz velveeta cut into 1/2-inch cubes
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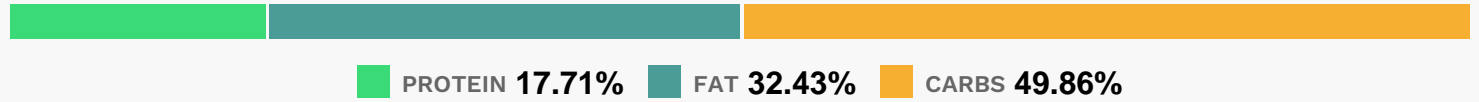
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400F.
- Brown meat in medium skillet; drain. Return meat to skillet; stir in VELVEETA.
- Place pizza crust on baking sheet.
- Mix tomatoes and ketchup; spread onto crust. Top with meat mixture.
- Bake 10 min. Top with lettuce.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.3165217322176%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 59.26kcal (2.96%), Fat: 2.14g (3.29%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 7.04g (2.56%), Sugar: 0.92g (1.02%), Cholesterol: 5.37mg (1.79%), Sodium: 93.92mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Iron: 0.55mg (3.04%), Vitamin B12: 0.16µg (2.7%), Zinc: 0.34mg (2.26%), Vitamin B3: 0.41mg (2.04%), Vitamin A: 101.03IU (2.02%), Vitamin B6: 0.04mg (1.81%), Vitamin C: 1.44mg (1.75%), Selenium: 1.15µg (1.64%), Phosphorus: 15.21mg (1.52%), Calcium: 15.04mg (1.5%), Potassium: 51.81mg (1.48%), Vitamin K: 1.52µg (1.45%), Fiber: 0.35g (1.39%)