



Black Bean and Chicken Pizzas

READY IN



15 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 24 inch bread shells italian (Boboli)
- ☐ 0.5 cup green onions thinly sliced (2 large)
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup chunky salsa
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 2 cups meat from a rotisserie chicken shredded cooked

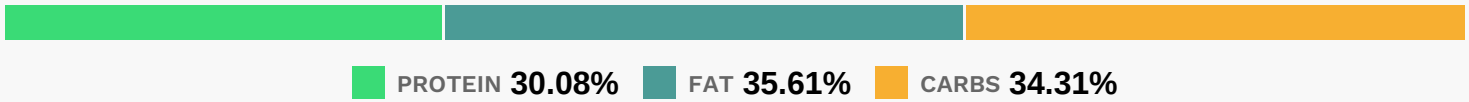
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Sprinkle chicken with cumin; toss well.
- ☐ Spread salsa evenly over bread shells to within 1/2 inch of edges; arrange chicken over salsa.
- ☐ Layer beans over chicken; sprinkle with cheese.
- ☐ Place pizzas on a large ungreased baking sheet.
- ☐ Bake at 450 for 10 minutes or until cheese melts and crust is golden; sprinkle with green onions. Top each pizza with 1 tablespoon sour cream, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:5.13, Inflammation Score:-8, Nutrition Score:22.211304234422%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 453.74kcal (22.69%), Fat: 18.08g (27.82%), Saturated Fat: 8.45g (52.8%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 27.87g (10.13%), Sugar: 7.56g (8.4%), Cholesterol: 73.76mg (24.59%), Sodium: 678.4mg (29.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.74%), Folate: 186.62µg (46.65%), Fiber: 11.33g (45.32%), Phosphorus: 414.17mg (41.42%), Vitamin B3: 7.57mg (37.83%), Selenium: 25.2µg (36%), Manganese: 0.6mg (29.81%), Magnesium: 111.53mg (27.88%), Vitamin K: 29.14µg (27.75%), Vitamin B6: 0.5mg (24.96%), Vitamin B1: 0.36mg (24.2%), Iron: 4.22mg (23.46%), Potassium: 798.29mg (22.81%), Calcium: 219.28mg (21.93%), Zinc: 3.27mg (21.79%), Vitamin B2: 0.31mg (17.97%), Copper: 0.33mg (16.3%), Vitamin A: 691.1IU (13.82%), Vitamin B5: 1.17mg (11.66%), Vitamin B12: 0.43µg (7.14%), Vitamin E: 1.04mg (6.92%), Vitamin C: 3.62mg (4.39%)