



## Black Bean Pizza

READY IN



30 min.

SERVINGS



20

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 ounces black beans rinsed drained canned
- 14 ounces canned tomatoes diced italian undrained canned
- 1 tablespoon canola oil
- 1 garlic clove minced
- 1 medium onion chopped
- 13.8 ounces pizza dough refrigerated
- 6 ounces cheddar cheese shredded divided
- 0.5 cup zucchini finely chopped

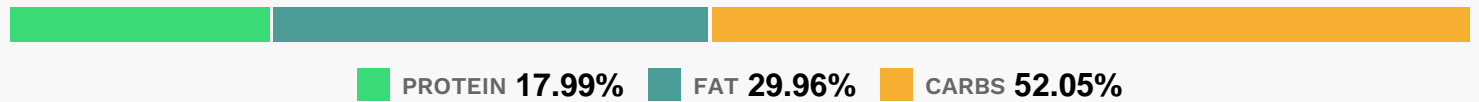
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Press dough into a greased 15-in. x 10-in. x 1-in. baking pan.
- Bake at 425° for 4–6 minutes or until crust just begins to brown.
- Meanwhile, in a large skillet, saute onion and garlic in oil until tender.
- Add zucchini; cook and stir for 1 minute or until crisp-tender.
- Add the beans and tomatoes; bring to a boil. Cook, uncovered, for 2 minutes or until heated through; drain.
- Sprinkle 2/3 cup cheese over crust. Top with bean mixture and remaining cheese.
- Bake 8–10 minutes longer or until crust is browned and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:3.6513043758662%

## Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 113.41kcal (5.67%), Fat: 3.86g (5.94%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 12.84g (4.67%), Sugar: 2.5g (2.78%), Cholesterol: 8.08mg (2.69%), Sodium: 301.39mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Fiber: 2.27g (9.06%), Calcium: 72.27mg (7.23%), Iron: 1.27mg (7.03%), Phosphorus: 69.57mg (6.96%), Manganese: 0.1mg (5.14%), Folate: 18.45µg (4.61%), Potassium: 147.58mg (4.22%), Copper: 0.08mg (4.18%), Vitamin C: 3.41mg (4.13%), Vitamin B2: 0.07mg (3.97%), Magnesium:

14.68mg (3.67%), Vitamin B1: 0.05mg (3.39%), Vitamin B6: 0.06mg (3.01%), Zinc: 0.45mg (2.97%), Vitamin E: 0.4mg (2.65%), Selenium: 1.73µg (2.47%), Vitamin A: 105.89IU (2.12%), Vitamin B3: 0.41mg (2.03%), Vitamin K: 1.92µg (1.83%), Vitamin B12: 0.1µg (1.74%), Vitamin B5: 0.13mg (1.29%)