



Caribbean Black Bean Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz black beans rinsed drained progresso® canned
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 juice of lime fresh
- 8 oz dole pineapple tidbits drained well canned
- 13.8 oz pizza dough refrigerated thin pillsbury® canned
- 6 oz mozzarella cheese shredded
- 8 oz tomato sauce canned

Equipment

baking sheet

oven

Directions

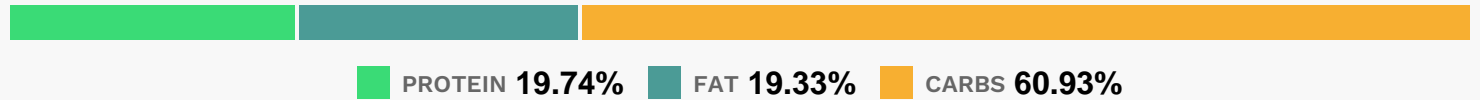
Heat oven to 400°F. Spray or grease 15x10-inch or larger dark or nonstick cookie sheet. Unroll dough on cookie sheet. Starting at center, press dough into 15x10-inch rectangle.

Spread tomato sauce evenly over crust. Top with beans and pineapple. Squeeze lime juice over toppings. Top with cilantro and cheese.

Bake classic crust 12 to 15 minutes, thin crust 11 to 14 minutes, or until bottom of crust is deep golden brown.

Cut into 6 servings.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:14.368695621905%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 406.85kcal (20.34%), Fat: 8.93g (13.73%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 63.3g (21.1%), Net Carbohydrates: 51.47g (18.72%), Sugar: 11.1g (12.35%), Cholesterol: 22.4mg (7.47%), Sodium: 1373.14mg (59.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.03%), Fiber: 11.83g (47.32%), Iron: 5.05mg (28.07%), Phosphorus: 266.71mg (26.67%), Folate: 94.08µg (23.52%), Calcium: 204.56mg (20.46%), Manganese: 0.38mg (19.01%), Copper: 0.36mg (18.01%), Potassium: 620.88mg (17.74%), Vitamin B1: 0.26mg (17.02%), Magnesium: 66.86mg (16.71%), Vitamin B2: 0.28mg (16.67%), Vitamin C: 10.81mg (13.11%), Zinc: 1.72mg (11.45%), Vitamin B12: 0.65µg (10.77%), Selenium: 7.04µg (10.06%), Vitamin A: 390.13IU (7.8%), Vitamin B6: 0.16mg (7.75%), Vitamin B3: 1.4mg (6.98%), Vitamin B5: 0.42mg (4.21%), Vitamin E: 0.61mg (4.1%), Vitamin K: 2.4µg (2.29%)