



Cheesy Mexican Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1119 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup black bean dip
- ☐ 16 ounce bread shell italian
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 4 ounces monterrey jack cheese shredded with peppers
- ☐ 1 cup refried beans
- ☐ 8 ounces cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour

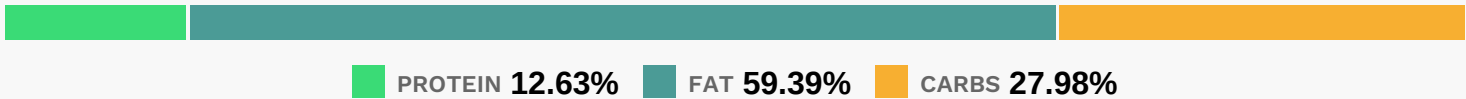
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Place bread shell on a baking sheet. Stir together refried beans, sour cream, and bean dip, and spread over Italian bread shell.
- ☐ Drain tomatoes, and pat dry with paper towels; spoon over bean mixture.
- ☐ Sprinkle with cheeses.
- ☐ Bake at 450 for 10 to 12 minutes or until cheese melts.
- ☐ NOTE: To lighten recipe, use fat-free refried beans, fat-free or light sour cream, and reduced-fat cheeses.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:4.08, Inflammation Score:-7, Nutrition Score:21.511304399242%

Nutrients (% of daily need)

Calories: 1118.86kcal (55.94%), Fat: 74.19g (114.13%), Saturated Fat: 41.02g (256.36%), Carbohydrates: 78.63g (26.21%), Net Carbohydrates: 69.34g (25.21%), Sugar: 44.06g (48.96%), Cholesterol: 98.89mg (32.96%), Sodium: 1451.62mg (63.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.5g (71%), Calcium: 696.13mg (69.61%), Phosphorus: 482.25mg (48.22%), Fiber: 9.29g (37.14%), Vitamin B2: 0.56mg (33.2%), Vitamin B3: 6.44mg (32.21%), Selenium: 21.84µg (31.2%), Iron: 4.88mg (27.09%), Folate: 103.54µg (25.88%), Vitamin A: 1235.99IU (24.72%), Zinc: 3.53mg (23.54%), Potassium: 649.74mg (18.56%), Vitamin B1: 0.26mg (17.49%), Magnesium: 65.67mg (16.42%), Vitamin B12: 0.9µg (14.94%), Vitamin E: 1.89mg (12.62%), Vitamin C: 9.71mg (11.77%), Vitamin B6: 0.23mg (11.37%), Copper: 0.22mg (11.05%), Manganese: 0.2mg (10%), Vitamin K: 7.95µg (7.57%), Vitamin B5: 0.68mg (6.76%), Vitamin D: 0.51µg (3.4%)