



## Chorizo Mexican Breakfast Pizzas

READY IN



25 min.

SERVINGS



4

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 6 oz chorizo sausage cut crumbled
- 2 grain lower carb lavash flatbreads whole ( )
- 0.3 cup salsa thick
- 0.5 cup chili seasoning with cumin and chili spices (from 15-oz can)
- 0.5 cup tomatoes chopped
- 0.5 cup corn whole frozen thawed
- 1 oz cheddar cheese shredded reduced-fat
- 1 tablespoon cilantro leaves fresh chopped
- 2 teaspoons cotija cheese white ( Mexican)

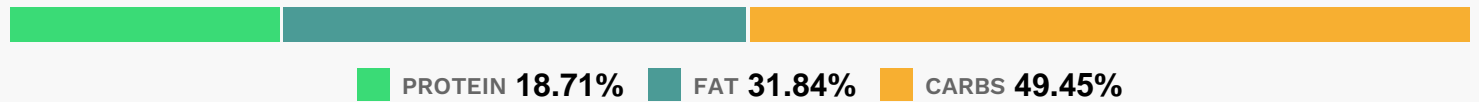
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 425°F. In 8-inch skillet, cook sausage over medium heat 4 to 5 minutes or until brown; drain.
- On 1 large or 2 small cookie sheets, place flatbreads.
- Spread each with 2 tablespoons salsa. Top each with half the chorizo, beans, tomatoes, corn and Cheddar cheese.
- Bake about 8 minutes or until cheese is melted.
- Sprinkle each with half the cilantro and cotija cheese; cut into wedges.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:14.273043523016%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 246.94kcal (12.35%), Fat: 9.07g (13.95%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 25.61g (9.31%), Sugar: 2.95g (3.28%), Cholesterol: 33.68mg (11.23%), Sodium: 368.52mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.98%), Vitamin A: 7128.54IU (142.57%), Vitamin E: 4.24mg (28.26%), Iron: 5.06mg (28.09%), Fiber: 6.08g (24.32%), Vitamin B6: 0.35mg (17.32%), Vitamin C: 11.04mg (13.38%), Manganese: 0.27mg (13.31%), Vitamin K: 13.39µg (12.75%), Vitamin B2: 0.21mg (12.6%), Potassium: 422.34mg (12.07%), Phosphorus: 102.4mg (10.24%), Vitamin B3: 1.83mg (9.13%), Calcium: 87.9mg (8.79%),

Magnesium: 32.21mg (8.05%), Copper: 0.13mg (6.31%), Zinc: 0.9mg (6.01%), Vitamin B1: 0.06mg (4.31%), Folate: 17.13µg (4.28%), Vitamin B5: 0.43mg (4.26%), Selenium: 2.39µg (3.42%), Vitamin B12: 0.08µg (1.27%)