



Cuban Chicken Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 11 ounce corn kernels drained canned
- 0.5 teaspoon cumin seeds
- 4 8-inch flour tortilla fat-free ()
- 4 teaspoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 2 tablespoons juice of lime fresh
- 0.8 cup monterrey jack cheese with jalapeño peppers
- 2 cups chicken breast strips/pre-cooked/chopped diced

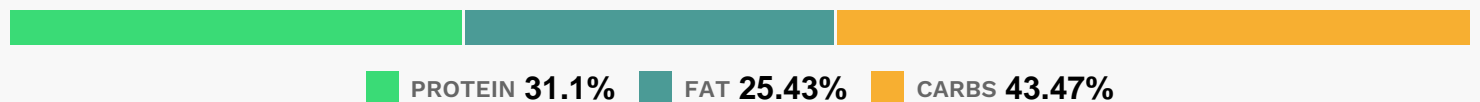
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350
- Place flour tortillas on a baking sheet coated with cooking spray.
- Bake at 350 for 10 minutes or until edges are light brown.
- Remove from the oven; stack and press down to flatten. Set aside.
- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add corn to pan, and cook 1 minute or until lightly charred.
- Add cumin seeds; cook 5 seconds, stirring constantly.
- Add chicken, black beans, and garlic; cook 2 minutes or until thoroughly heated.
- Remove from heat; stir in lime juice.
- Place tortillas on baking sheet. Spoon 3/4 cup bean mixture onto each tortilla; top each with 3 tablespoons of cheese.
- Bake at 350 for 2 minutes or until the cheese melts.
- Sprinkle each pizza with 1 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:8.07, Inflammation Score:-6, Nutrition Score:23.660869401434%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 503.52kcal (25.18%), Fat: 14.32g (22.03%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 44.33g (16.12%), Sugar: 5.6g (6.22%), Cholesterol: 78.36mg (26.12%), Sodium: 1123.08mg (48.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.41g (78.82%), Vitamin B3: 13.34mg (66.7%), Phosphorus: 512.9mg (51.29%), Selenium: 35.74µg (51.06%), Fiber: 10.75g (43.02%), Folate: 149.11µg (37.28%), Vitamin B1: 0.49mg (32.76%), Manganese: 0.63mg (31.27%), Vitamin B2: 0.51mg (29.77%), Calcium: 287.37mg (28.74%), Iron: 5.15mg (28.61%), Vitamin B6: 0.57mg (28.38%), Magnesium: 86.31mg (21.58%), Potassium: 707.23mg (20.21%), Copper: 0.33mg (16.53%), Zinc: 2.46mg (16.38%), Vitamin B5: 1.29mg (12.9%), Vitamin C: 6.65mg (8.06%), Vitamin B12: 0.41µg (6.9%), Vitamin A: 230.71IU (4.61%), Vitamin K: 4.79µg (4.56%), Vitamin E: 0.34mg (2.28%), Vitamin D: 0.2µg (1.31%)