



Dairy-Free Mexican Fiesta Pizza

 Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup vegan "beef "alternative
- ☐ 4 servings cilantro leaves fresh
- ☐ 0.3 bell pepper diced green
- ☐ 0.5 cup vegan pizza sauce prepared
- ☐ 1 pre-made pizza shell gluten-free whole wheat medium to large
- ☐ 0.3 bell pepper diced red
- ☐ 0.8 cup vegan shreds mexican style
- ☐ 0.3 bell pepper diced yellow

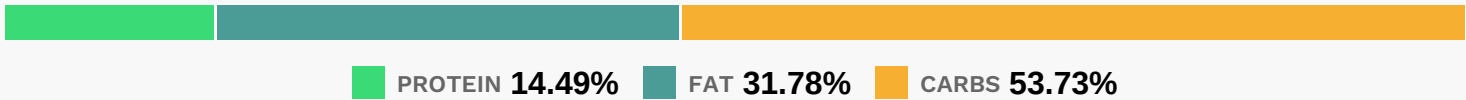
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 425°F.Spray a large cookie sheet or sheet pan with a spritz of vegetable oil spray.
- ☐ Place the flatbread on the sheet.Top the flatbread with the pizza sauce and spread evenly. Distribute the ground “beef” alternative over the sauce evenly, followed by the Vegan Mexican Style Shreds.
- ☐ Add all peppers, spreading evenly over the surface of the Shreds.
- ☐ Place sheet pan in the oven and bake for 18 minutes, or until the Vegan Shreds are melted and light brown.
- ☐ Remove, and top with cilantro while still hot.
- ☐ Let cool for 5 minutes to allow ingredients to set. Slice into wedges and serve

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:7.5630434466445%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 421.64kcal (21.08%), Fat: 14.76g (22.7%), Saturated Fat: 5.92g (37%), Carbohydrates: 56.14g (18.71%), Net Carbohydrates: 53.1g (19.31%), Sugar: 3.08g (3.42%), Cholesterol: 19.97mg (6.66%), Sodium: 899.72mg (39.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.29%), Vitamin C: 31.32mg (37.96%), Iron: 3.9mg (21.66%), Fiber: 3.04g (12.17%), Calcium: 116.48mg (11.65%), Vitamin B12: 0.6µg (10.03%), Vitamin B6: 0.17mg

(8.59%), Zinc: 1.28mg (8.56%), Vitamin B3: 1.67mg (8.34%), Vitamin A: 414.62IU (8.29%), Selenium: 4.43µg (6.33%), Potassium: 211.89mg (6.05%), Phosphorus: 57.96mg (5.8%), Vitamin E: 0.7mg (4.69%), Vitamin B2: 0.07mg (4.23%), Copper: 0.07mg (3.34%), Manganese: 0.06mg (3.11%), Magnesium: 11.93mg (2.98%), Vitamin B5: 0.28mg (2.8%), Folate: 10.89µg (2.72%), Vitamin K: 2.59µg (2.47%), Vitamin B1: 0.03mg (1.99%)