



## Deep-Dish Taco Pizza

READY IN



25 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce vegetable burger crumbles frozen thawed
- 14.5 ounce canned tomatoes diced green drained canned
- 0.5 cup onion frozen chopped
- 4 ounces part-skim mozzarella cheese shredded
- 13.8 ounce pizza dough refrigerated canned
- 0.5 cup salsa fresh refrigerated
- 1 teaspoon penzey's southwest seasoning salt-free
- 0.5 cup cream fat-free sour

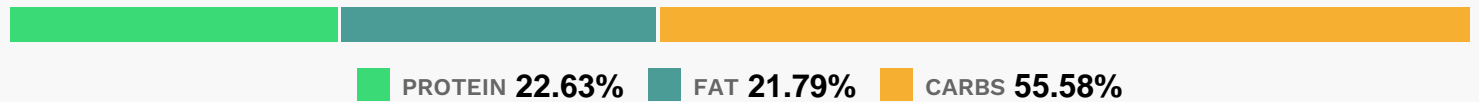
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 42
- Cook burger crumbles and onion in a large nonstick skillet over medium-high heat 6 minutes or until crumbles are thoroughly heated.
- Add tomatoes and seasoning; cook 1 minute, stirring frequently.
- Unroll pizza crust dough. Press into bottom and halfway up sides of a 13 x 9-inch baking dish coated with cooking spray. Spoon burger mixture over pizza crust dough.
- Bake at 425 for 10 minutes. Top with cheese, and bake 3 to 4 minutes or until cheese melts and edges of crust are browned.
- Let stand 5 minutes before slicing. Top with salsa and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:12.75, Glycemic Load:2.55, Inflammation Score:-5, Nutrition Score:15.226087053185%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 269kcal (13.45%), Fat: 6.66g (10.25%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 33.72g (12.26%), Sugar: 7.03g (7.81%), Cholesterol: 12.49mg (4.16%), Sodium: 878.52mg (38.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Vitamin B1: 1.19mg (79.01%), Manganese: 0.56mg (28.09%), Calcium: 220.81mg (22.08%), Phosphorus: 192.34mg (19.23%), Iron: 3.36mg (18.67%), Selenium: 12.95µg (18.49%), Fiber: 4.52g (18.07%), Vitamin B12: 1.01µg (16.9%), Folate: 66.28µg (16.57%), Vitamin B6: 0.27mg (13.29%),

Vitamin B3: 2.47mg (12.35%), Vitamin B2: 0.21mg (12.13%), Potassium: 386.9mg (11.05%), Magnesium: 43.89mg (10.97%), Copper: 0.2mg (10.16%), Vitamin C: 7.7mg (9.34%), Vitamin K: 9.29µg (8.85%), Zinc: 1.2mg (8.02%), Vitamin E: 1.07mg (7.15%), Vitamin A: 310.8IU (6.22%), Vitamin B5: 0.33mg (3.28%)