



Deep-Dish Taco Pizza

READY IN



24 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce canned tomatoes diced with green chiles, drained canned
- 1 pound ground round
- 0.5 cup onion frozen chopped
- 4 ounces part-skim mozzarella cheese shredded reduced-fat
- 10 ounce pizza dough refrigerated canned
- 1 teaspoon penzey's southwest seasoning salt-free

Equipment

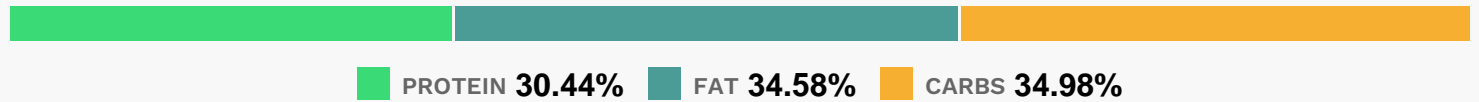
- frying pan

- oven
- baking pan

Directions

- Preheat oven to 42
- Cook beef and onion in a large nonstick skillet over medium-high heat until beef is browned, stirring to crumble.
- Drain well, and return beef mixture to pan. Stir in tomatoes and seasoning; cook over medium-high heat 1 minute or until thoroughly heated; set aside.
- Unroll pizza crust dough. Press into bottom and halfway up sides of a 13 x 9-inch baking dish coated with cooking spray. Spoon beef mixture over pizza crust dough.
- Bake at 425 for 12 minutes. Top with cheese, and bake 5 minutes or until cheese melts and edges of crust are browned.
- Let stand 5 minutes before slicing.
- Serve warm. Top with salsa and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:12.370869496594%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 316.85kcal (15.84%), Fat: 12.17g (18.73%), Saturated Fat: 5.37g (33.59%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 25.71g (9.35%), Sugar: 5.43g (6.03%), Cholesterol: 61.24mg (20.41%), Sodium: 516.32mg (22.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.23%), Vitamin B12: 1.83µg (30.43%), Zinc: 4.29mg (28.58%), Phosphorus: 245.16mg (24.52%), Iron: 4.03mg (22.38%), Selenium: 15.45µg (22.06%), Vitamin B3: 4.41mg (22.06%), Vitamin B6: 0.4mg (19.77%), Calcium: 195.02mg (19.5%), Vitamin B2: 0.22mg (13.07%), Potassium: 421.61mg (12.05%), Vitamin C: 7.6mg (9.21%), Fiber: 1.99g (7.97%), Vitamin K: 8.12µg (7.74%), Magnesium: 30.81mg

(7.7%), Manganese: 0.12mg (6.11%), Vitamin E: 0.9mg (6.02%), Copper: 0.12mg (5.92%), Vitamin B5: 0.57mg (5.72%),
Vitamin B1: 0.07mg (4.98%), Folate: 16.39µg (4.1%), Vitamin A: 188.07IU (3.76%)