

D's Taco Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



1229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 ounce olives black drained sliced canned
- 14.5 ounce canned tomatoes diced with garlic and onion canned
- 2 tablespoons cilantro leaves fresh chopped
- 1 clove garlic
- 0.3 cup green onion chopped
- 0.5 pound ground beef
- 0.5 cup four-cheese blend shredded mexican-style
- 2 cups lettuce shredded
- 0.5 cup onion chopped

- 1 pizza crust prepared
- 1 cup refried beans
- 1 cup salsa
- 1 ounce taco seasoning
- 2 tomatoes chopped
- 0.3 cup water

Equipment

- frying pan
- baking sheet
- oven
- blender

Directions

- Cook and stir the ground beef, onion, and garlic together in a large skillet over medium-high heat until the beef is completely browned; drain fat from the skillet.
- Stir the taco seasoning mix and water into the beef mixture; bring to a boil, reduce heat to medium-low, and cook at a simmer, stirring occasionally, for 5 minutes.
- Preheat an oven to 350 degrees F (175 degrees C).
- Place the prepared pizza crust on a baking sheet.
- Blend the diced tomatoes with garlic and onion, salsa, and cilantro in a blender until smooth.
- Spread the refried beans in an even layer on the prepared pizza crust, leaving a border of about 1/2-inch uncovered around the outside.
- Spread about 1 cup of the diced tomato mixture over the refried beans in an even layer; reserve the remaining sauce.
- Scatter the ground beef mixture over the layer of sauce.
- Cover the beef with 1 1/2 cups Mexican-style shredded cheese blend.
- Bake in the preheated oven until the cheese is bubbly and the edges of the crust are golden brown, 15 to 20 minutes; set aside to cool 5 minutes.

Top the pizza with shredded lettuce, chopped tomatoes, black olives, green onions, and 1/2 cup Mexican-style shredded cheese blend.

Serve with the reserved sauce, sour cream, and 1 cup salsa.

Nutrition Facts

PROTEIN 18.37% **FAT 32.16%** **CARBS 49.47%**

Properties

Glycemic Index:134, Glycemic Load:10.13, Inflammation Score:-10, Nutrition Score:41.883043527603%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg

Nutrients (% of daily need)

Calories: 1229.21kcal (61.46%), Fat: 44.79g (68.91%), Saturated Fat: 15.14g (94.64%), Carbohydrates: 155g (51.67%), Net Carbohydrates: 133.62g (48.59%), Sugar: 29.48g (32.75%), Cholesterol: 86.11mg (28.7%), Sodium: 4653.79mg (202.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.55g (115.09%), Fiber: 21.38g (85.52%), Vitamin A: 4159.15IU (83.18%), Iron: 13.93mg (77.36%), Vitamin K: 73.21µg (69.72%), Vitamin C: 52.51mg (63.65%), Vitamin B6: 1.12mg (55.84%), Potassium: 1751.21mg (50.03%), Vitamin B3: 9.78mg (48.91%), Calcium: 466.49mg (46.65%), Vitamin E: 6.72mg (44.78%), Manganese: 0.86mg (43.15%), Vitamin B12: 2.43µg (40.45%), Zinc: 6.02mg (40.17%), Phosphorus: 350.45mg (35.04%), Copper: 0.7mg (34.82%), Selenium: 20.26µg (28.95%), Magnesium: 109.34mg (27.33%), Folate: 96.04µg (24.01%), Vitamin B1: 0.36mg (23.91%), Vitamin B2: 0.38mg (22.53%), Vitamin B5: 1.66mg (16.55%)