



Easy Black Bean Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 8 cherry tomatoes halved
- ☐ 2 garlic clove finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 3 dashes hot sauce red
- ☐ 8 oz pizza cheese shredded
- ☐ 0.3 cup ranch dressing
- ☐ 11 oz pizza dough refrigerated thin canned

- ☐ 2 cups the of 1 cos lettuce shredded
- ☐ 6 servings salt to taste
- ☐ 0.3 cup water

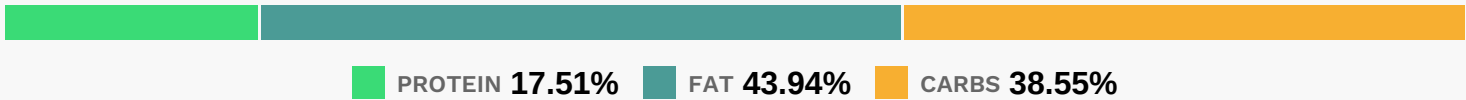
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ potato masher

Directions

- ☐ Heat oven to 400F. Spray or grease 15x10-inch or larger dark or nonstick cookie sheet. Unroll dough onto cookie sheet. Starting at center, press dough into 15x10-inch rectangle.
- ☐ Bake 5 minutes.
- ☐ Meanwhile, in 10-inch skillet, heat oil over medium heat.
- ☐ Add garlic and oregano; cook 30 seconds. Stir in black beans and pepper sauce.
- ☐ Add water; cook until reduced by half. Using potato masher or fork, mash beans into a paste. Taste for seasoning; add salt or additional pepper sauce to taste.
- ☐ Spread bean mixture evenly over partially baked crust. Top evenly with cheese.
- ☐ Bake 8 to 10 minutes longer or until crust is golden brown and cheese has melted.
- ☐ Cut pizza into 4 rows by 3 rows to make 12 squares. Top each with lettuce, tomatoes and a drizzle of ranch dressing.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:10.099565375434%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 407.06kcal (20.35%), Fat: 20.47g (31.5%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 34.11g (12.4%), Sugar: 4.47g (4.96%), Cholesterol: 10.16mg (3.39%), Sodium: 1009.54mg (43.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.72%), Vitamin K: 34.99µg (33.33%), Vitamin A: 1487.88IU (29.76%), Fiber: 6.32g (25.28%), Iron: 3.25mg (18.08%), Folate: 68.71µg (17.18%), Manganese: 0.25mg (12.56%), Calcium: 118.47mg (11.85%), Phosphorus: 108.22mg (10.82%), Vitamin C: 8.07mg (9.78%), Potassium: 321.17mg (9.18%), Copper: 0.17mg (8.47%), Vitamin B1: 0.12mg (8.18%), Magnesium: 30.8mg (7.7%), Vitamin E: 1.1mg (7.35%), Vitamin B2: 0.11mg (6.6%), Vitamin B6: 0.09mg (4.37%), Zinc: 0.49mg (3.26%), Vitamin B3: 0.64mg (3.19%), Vitamin B5: 0.27mg (2.71%), Selenium: 1.6µg (2.29%)