



Easy Mexican Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup enchilada sauce red canned
- 3 tablespoons spring onion chopped
- 13.8 oz pizza dough refrigerated canned
- 1 cup refried beans canned
- 1 cup salsa thick
- 6 oz cheddar cheese shredded
- 1 cup cream sour

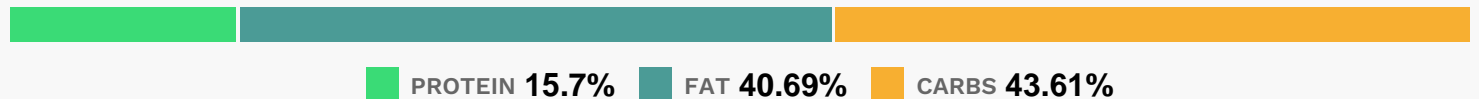
Equipment

- frying pan
- oven
- offset spatula

Directions

- Heat oven to 425F. Grease or spray 15x10x1-inch pan.
- Unroll pizza dough in pan. Using an offset spatula, spread beans over crust, leaving 1-inch border around edges.
- Spread with enchilada sauce; sprinkle with cheese.
- Bake about 15 minutes or until cheese is bubbly and melted.
- Sprinkle with green onions.
- Serve with sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:7.4213043373564%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 386.12kcal (19.31%), Fat: 17.63g (27.12%), Saturated Fat: 9.2g (57.52%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 38.66g (14.06%), Sugar: 9.75g (10.84%), Cholesterol: 49.55mg (16.52%), Sodium: 1343.54mg (58.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.6%), Calcium: 253.03mg (25.3%), Phosphorus: 168.28mg (16.83%), Vitamin A: 830.15IU (16.6%), Fiber: 3.86g (15.42%), Iron: 2.66mg (14.78%), Vitamin B2: 0.17mg (10.05%), Vitamin K: 9.31µg (8.87%), Selenium: 6.08µg (8.68%), Zinc: 1.08mg (7.19%), Vitamin B12: 0.43µg (7.15%), Vitamin B6: 0.11mg (5.56%), Potassium: 192.09mg (5.49%), Vitamin E: 0.76mg (5.08%), Magnesium: 18.02mg (4.51%), Manganese: 0.06mg (3.21%), Vitamin B5: 0.29mg (2.89%), Vitamin B3: 0.57mg (2.85%), Vitamin C: 2.13mg (2.58%), Folate: 9.64µg (2.41%), Copper: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.07%)