

health-score 83%

HEALTH SCORE

El Paso Pizza

Very Healthy

READY IN

ready

50 min.

SERVINGS

servings

1

CALORIES

calories

2840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 0.5 cup green onions sliced
- ☐ 1 pound ground beef grass-fed (preferably)
- ☐ 1 teaspoon ground chipotle pepper dried to taste
- ☐ 1 tablespoon ground cumin
- ☐ 1.5 cups tomatoes
- ☐ 4 ounces pepper jack cheese shredded
- ☐ 1 large pizza crust prepared

- ☐ 1 cup poblano chiles seeded sliced
- ☐ 0.8 teaspoon salt

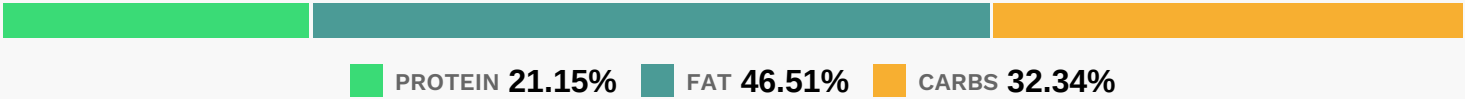
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ stove
- ☐ tongs

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Cook ground beef in a large skillet over medium heat until meat is browned and crumbly, about 10 minutes. Season meat with cumin, chipotle pepper, ancho chili powder, and salt. Stir in poblano pepper slices and green onions; cook until beef juices caramelize onto beef and peppers.
- ☐ Hold a paper towel with tongs and use it to wipe the skillet clean of excess grease. Tilt the pan to get as much as possible.
- ☐ Pour marinara sauce into meat mixture and continue to cook and stir until pepper strips are slightly tender, 2 to 3 more minutes.
- ☐ Roll pizza crust into a large rectangle on a floured work surface and place onto a large baking sheet lightly dusted with flour. Use tongs to pick out pepper strips from sauce and distribute them evenly onto the crust; spread rest of meat sauce over crust.
- ☐ Spread pepperjack cheese over top.
- ☐ Place pizza on the bottom of the preheated oven and bake for 6 minutes. Move pizza to the middle of the stove; continue baking until pizza crust is browned and cheese is bubbling and melted, 8 to 10 more minutes.
- ☐ Remove pizza from pan and slide pizza onto a cooling rack to prevent crust from becoming soggy. Cool for about 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:119, Glycemic Load:7.81, Inflammation Score:-10, Nutrition Score:74.516956515934%

Flavonoids

Luteolin: 7.02mg, Luteolin: 7.02mg, Luteolin: 7.02mg, Luteolin: 7.02mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 2839.77kcal (141.99%), Fat: 147.27g (226.57%), Saturated Fat: 66.04g (412.77%), Carbohydrates: 230.47g (76.82%), Net Carbohydrates: 211.04g (76.74%), Sugar: 25.22g (28.03%), Cholesterol: 422.97mg (140.99%), Sodium: 6756.89mg (293.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 150.68g (301.36%), Vitamin C: 155.45mg (188.43%), Vitamin B12: 10.65µg (177.47%), Iron: 30.89mg (171.6%), Zinc: 24.28mg (161.88%), Calcium: 1479.85mg (147.99%), Phosphorus: 1427.63mg (142.76%), Vitamin K: 146.71µg (139.72%), Vitamin A: 6554.31IU (131.09%), Selenium: 89.34µg (127.63%), Vitamin B3: 25.33mg (126.67%), Vitamin B6: 2.51mg (125.73%), Vitamin B2: 1.55mg (91.05%), Potassium: 3109.42mg (88.84%), Vitamin E: 12.29mg (81.91%), Fiber: 19.44g (77.74%), Magnesium: 224.66mg (56.16%), Manganese: 1.09mg (54.37%), Copper: 1.03mg (51.44%), Vitamin B5: 3.92mg (39.25%), Folate: 135.54µg (33.88%), Vitamin B1: 0.48mg (31.69%), Vitamin D: 1.13µg (7.56%)