



Individual Ground Beef Taco Pizzas

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup knudsen cream light sour
- 1 lb ground beef
- 0.7 cup taco bellâ® refried beans
- 0.7 cup milk four cheese shredded 2% mexican style kraft finely
- 16.3 oz taco bellâ® tortilla taco dinner kit soft
- 1 large tomatoes chopped

Equipment

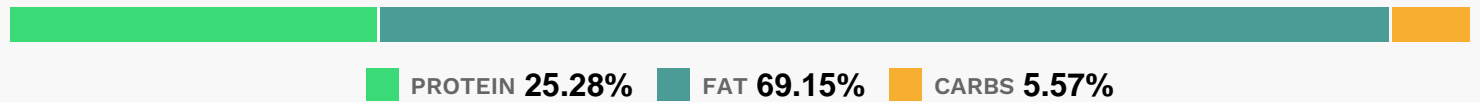
- baking sheet

oven

Directions

- Heat oven to 400F.
- Cook meat with Taco Seasoning
- Mix as directed on package.
- Place 5 Tortillas on baking sheet.
- Spread each with 1 Tbsp. beans; top with 1/4 cup seasoned meat and 1 Tbsp. cheese. Cover each with second tortilla and additional layers of beans, meat and cheese; top with tomatoes.
- Bake 8 to 10 min. or until pizzas are heated through and cheese is melted. Top with Salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:3.6939130166303%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 114.1kcal (5.7%), Fat: 8.69g (13.37%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.49g (0.55%), Cholesterol: 30.15mg (10.05%), Sodium: 177.01mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Calcium: 130.42mg (13.04%), Phosphorus: 107.8mg (10.78%), Vitamin B12: 0.59µg (9.85%), Zinc: 1.23mg (8.19%), Selenium: 5.24µg (7.49%), Vitamin B2: 0.11mg (6.29%), Vitamin B6: 0.08mg (3.91%), Vitamin A: 187.49IU (3.75%), Vitamin B3: 0.73mg (3.65%), Iron: 0.47mg (2.63%), Potassium: 81.22mg (2.32%), Magnesium: 8.24mg (2.06%), Vitamin B5: 0.15mg (1.52%), Folate: 5.6µg (1.4%), Vitamin B1: 0.02mg (1.3%), Fiber: 0.3g (1.19%), Vitamin K: 1.22µg (1.16%), Vitamin C: 0.88mg (1.06%), Vitamin E: 0.15mg (1.03%)