



Jimmy's Mexican Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon chili powder
- 4 10-inch flour tortilla ()
- 1 clove garlic minced
- 2 spring onion chopped
- 0.5 pound ground beef
- 1 teaspoon ground cumin
- 0.3 cup jalapeno finely chopped
- 1 cup monterrey jack cheese shredded

- 1 medium onion diced
- 0.5 teaspoon paprika
- 16 ounce refried beans canned
- 2 roma tomatoes diced (plum)
- 0.5 cup salsa
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded
- 0.3 cup cream sour

Equipment

- frying pan
- oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Coat 2 pie plates with non-stick cooking spray.
- Place beef, onion and garlic in a skillet over medium heat. Cook until beef is evenly browned.
- Drain off grease. Season the meat with chili powder, cumin, paprika, salt and pepper.
- Lay one tortilla in each pie plate, and cover with a layer of refried beans.
- Spread half of the seasoned ground beef over each one, and then cover with a second tortilla.
- Bake for 10 minutes in the preheated oven.
- Remove the plates from the oven, and let cool slightly.
- Spread half of the salsa over each top tortilla. Cover each pizza with half of the Cheddar and Monterey Jack cheeses.
- Place half of the tomatoes, half of the green onions, and half of the jalapeno slices onto each one.
- Return the pizzas to the oven, and bake for 5 to 10 more minutes, until the cheese is melted.
- Remove from the oven, and let cool slightly before slicing each one into 4 pieces.

Nutrition Facts



■ PROTEIN 19.93% ■ FAT 48.32% ■ CARBS 31.75%

Properties

Glycemic Index:42.25, Glycemic Load:7.63, Inflammation Score:-7, Nutrition Score:13.748260886773%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 361.4kcal (18.07%), Fat: 19.26g (29.62%), Saturated Fat: 9.38g (58.65%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 23.54g (8.56%), Sugar: 4.97g (5.52%), Cholesterol: 51.06mg (17.02%), Sodium: 1052.8mg (45.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.73%), Calcium: 306.41mg (30.64%), Selenium: 18.9µg (27%), Phosphorus: 269.92mg (26.99%), Fiber: 4.93g (19.73%), Vitamin A: 971.57IU (19.43%), Vitamin B2: 0.3mg (17.57%), Iron: 3.04mg (16.86%), Zinc: 2.5mg (16.67%), Vitamin B3: 3.26mg (16.29%), Vitamin B12: 0.89µg (14.81%), Vitamin B1: 0.22mg (14.79%), Manganese: 0.29mg (14.53%), Vitamin K: 13.9µg (13.24%), Folate: 49.49µg (12.37%), Vitamin B6: 0.24mg (11.85%), Vitamin C: 7.56mg (9.16%), Potassium: 295.6mg (8.45%), Magnesium: 30.34mg (7.59%), Vitamin E: 1.12mg (7.44%), Copper: 0.11mg (5.45%), Vitamin B5: 0.4mg (4.03%), Vitamin D: 0.2µg (1.32%)