



Kid-tastic Pizzadillas

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 4 8-inch flour tortillas fat-free
- ☐ 1 cup tomatoes such as McCutcheon's
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 1 ounce turkey pepperoni

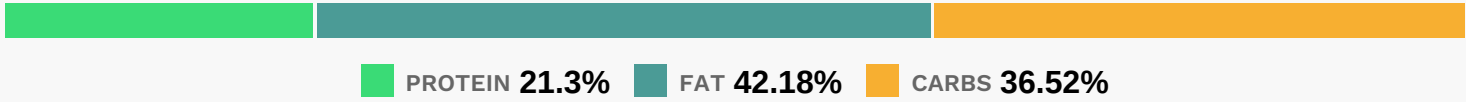
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Brush canola oil over a jelly-roll pan, and top with tortillas.
- ☐ Sprinkle 3 tablespoons cheese over each tortilla, and divide the pepperoni among tortillas. Top each with 3 tablespoons cheese.
- ☐ Bake at 400 for 5 minutes.
- ☐ Remove from oven, and carefully fold each tortilla in half.
- ☐ Bake an additional 10 minutes or until browned and crisp, turning after 5 minutes.
- ☐ Serve with marinara.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:9.01, Inflammation Score:-5, Nutrition Score:12.743913137394%

Nutrients (% of daily need)

Calories: 326.93kcal (16.35%), Fat: 15.35g (23.61%), Saturated Fat: 6.34g (39.59%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 27.19g (9.89%), Sugar: 4.55g (5.06%), Cholesterol: 35.93mg (11.98%), Sodium: 1060.59mg (46.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.86%), Calcium: 417.42mg (41.74%), Phosphorus: 318.48mg (31.85%), Selenium: 17.86µg (25.52%), Vitamin B1: 0.28mg (18.59%), Vitamin B2: 0.31mg (18.38%), Manganese: 0.32mg (16.09%), Iron: 2.72mg (15.13%), Vitamin B3: 2.91mg (14.53%), Folate: 57.56µg (14.39%), Zinc: 1.88mg (12.56%), Fiber: 2.7g (10.81%), Vitamin E: 1.55mg (10.36%), Vitamin A: 473.23IU (9.46%), Potassium: 313.21mg (8.95%), Magnesium: 33.09mg (8.27%), Vitamin K: 8.56µg (8.16%), Copper: 0.15mg (7.41%), Vitamin B6: 0.12mg (5.99%), Vitamin B12: 0.35µg (5.81%), Vitamin C: 4.29mg (5.2%), Vitamin B5: 0.31mg (3.06%)