



Mexican Bean Pizzas

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1 serving pam original flavor shopping list
- ☐ 16 oz refried beans traditional canned
- ☐ 0.5 cup spring onion sliced
- ☐ 1 medium tomatoes diced seeded
- ☐ 4 oz monterrey jack cheese shredded hot

Equipment

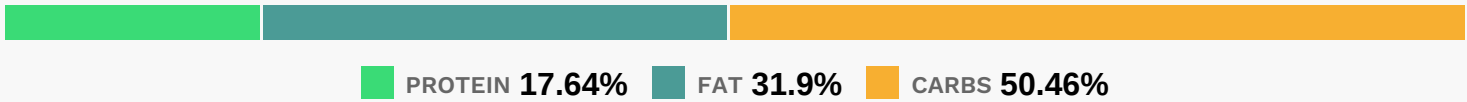
- ☐ baking sheet

☐ oven

Directions

- ☐ Place oven rack in lowest rack position; heat oven to 400°F. Spray 1 side of each tortilla with cooking spray. On each of 2 large ungreased cookie sheets, place 2 tortillas sprayed sides down.
- ☐ Spread 1/4 cup refried beans on each. Top each with onions, tomato and cheese.
- ☐ Bake 1 cookie sheet at a time on lowest oven rack 10 to 12 minutes or until bottoms are golden brown and cheese is melted and bubbly.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:15.65, Inflammation Score:-7, Nutrition Score:15.86173922601%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 430.01kcal (21.5%), Fat: 14.92g (22.96%), Saturated Fat: 7.71g (48.17%), Carbohydrates: 53.11g (17.7%), Net Carbohydrates: 44.92g (16.33%), Sugar: 6.97g (7.74%), Cholesterol: 25.23mg (8.41%), Sodium: 1399.48mg (60.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.13%), Calcium: 374.81mg (37.48%), Vitamin K: 34.63µg (32.98%), Fiber: 8.19g (32.74%), Selenium: 21.57µg (30.82%), Phosphorus: 298.48mg (29.85%), Vitamin B1: 0.41mg (27.64%), Iron: 4.32mg (24.02%), Folate: 91µg (22.75%), Manganese: 0.44mg (22.17%), Vitamin B2: 0.35mg (20.37%), Vitamin B3: 3.72mg (18.6%), Vitamin A: 692.9IU (13.86%), Zinc: 1.36mg (9.1%), Vitamin C: 6.56mg (7.95%), Magnesium: 30.69mg (7.67%), Potassium: 227.79mg (6.51%), Copper: 0.12mg (5.93%), Vitamin B6: 0.1mg (5.03%), Vitamin B12: 0.24µg (3.92%), Vitamin B5: 0.22mg (2.24%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.17µg (1.13%)