



HEALTH SCORE

51%

Mexican Black Bean and Spinach Pizza



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 0.7 cup onion chopped

- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- ☐ 0.5 cup bottled salsa
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

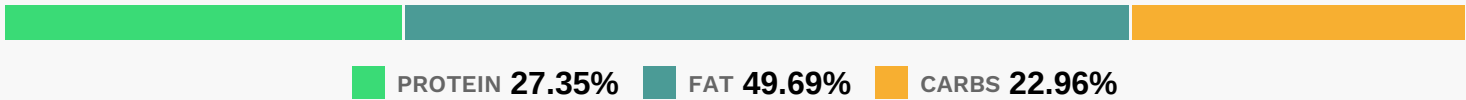
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Place pizza crust on a baking sheet; bake at 375 for 5 minutes or until crisp.
- ☐ Mash beans with a fork; combine beans and next 4 ingredients (beans through garlic) in medium bowl, stirring to combine.
- ☐ Spread bean mixture over crust, leaving a 1-inch border. Spoon salsa evenly over bean mixture; top with spinach and cilantro.
- ☐ Drizzle with hot sauce; sprinkle with cheeses.
- ☐ Bake at 375 for 15 minutes or until crust is lightly browned.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.75, Inflammation Score:-10, Nutrition Score:27.730434827183%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 480.1kcal (24.01%), Fat: 27.82g (42.8%), Saturated Fat: 8.41g (52.57%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 18.25g (6.64%), Sugar: 3.01g (3.34%), Cholesterol: 40.97mg (13.66%), Sodium: 1009.83mg (43.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.45g (68.9%), Vitamin K: 267.02µg (254.3%), Vitamin A: 8891.46IU (177.83%), Calcium: 499.41mg (49.94%), Folate: 179.88µg (44.97%), Manganese: 0.86mg (42.98%), Fiber: 10.68g (42.71%), Phosphorus: 300.83mg (30.08%), Magnesium: 108.4mg (27.1%), Vitamin B2: 0.43mg (25.27%), Iron: 4.11mg (22.85%), Potassium: 741.3mg (21.18%), Vitamin E: 2.81mg (18.76%), Copper: 0.36mg (17.95%), Selenium: 12.36µg (17.66%), Vitamin B1: 0.25mg (16.77%), Vitamin B6: 0.31mg (15.68%), Zinc: 2.08mg (13.88%), Vitamin C: 10.06mg (12.2%), Vitamin B3: 1.52mg (7.62%), Vitamin B5: 0.46mg (4.6%), Vitamin B12: 0.27µg (4.47%), Vitamin D: 0.17µg (1.13%)