



## Mexican Chorizo Pizza (Tlayuda)

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce refried black beans canned
- 2 cups corn masa instant
- 10 servings iceberg lettuce shredded
- 10 servings kosher salt and pepper black freshly ground
- 10 servings crema mexicana
- 0.5 cup pasilla de oaxaca
- 5 ounces pork chorizo raw
- 10 servings queso fresco crumbled

- 0.3 teaspoon salt
- 1 tablespoons vegetable oil
- 4 tablespoons vegetable oil

## Equipment

- frying pan
- baking paper
- mixing bowl
- rolling pin

## Directions

- For the chorizo and bean topping: In a large heavy saute pan, heat 2 tablespoons oil on medium-high heat.
- Add the chorizo and cook until crisp, about 6 minutes.
- Remove from the heat and reserve. In a large heavy saute pan, heat the remaining 2 tablespoons oil on medium-high heat.
- Add the beans and cook until warm, about 5 minutes.
- Remove from the heat and reserve.
- Combine the corn masa, 1 1/4 cups water and salt in a large mixing bowl.
- Mix thoroughly by hand to form a soft dough, about 2 minutes. If the dough feels dry, add more water (one tablespoon at a time). Preheat a 12-inch cast-iron skillet.
- Place a piece of parchment paper on a flat surface. Put half of the dough onto the parchment paper and place another piece of parchment paper on top. Using a rolling pin, roll out the dough until it is 1/4-inch thick and 10 inches in diameter.
- Drizzle the oil into the hot skillet and place the rolled out masa dough into the skillet to cook for about 2 minutes. Turn over to cook on the other side.
- Spread 1/2 cup of the warm refried beans onto the cooked side of dough.
- Add 1/4 cup Oaxaca cheese and 1/2 cup cooked chorizo. Continue to cook for until the cheese is melted, another 2 to 3 minutes.
- Remove the pizza from the pan onto a round serving platter. Top with the iceberg lettuce. Season with salt and pepper. Then sprinkle with crumbled queso fresco and a drizzle of

Mexican crema.

Cut into 4-inch squares and serve immediately. Repeat with the remaining half of dough and toppings.

## Nutrition Facts

**PROTEIN 15.08%** **FAT 46.1%** **CARBS 38.82%**

### Properties

Glycemic Index:9.4, Glycemic Load:2.56, Inflammation Score:-7, Nutrition Score:13.968695694986%

### Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

### Nutrients (% of daily need)

Calories: 325.12kcal (16.26%), Fat: 17.02g (26.18%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 25.75g (9.36%), Sugar: 2.25g (2.5%), Cholesterol: 23.1mg (7.7%), Sodium: 251.68mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.05%), Vitamin B1: 0.59mg (39.18%), Folate: 141.84µg (35.46%), Vitamin K: 34.13µg (32.5%), Fiber: 6.5g (26%), Manganese: 0.43mg (21.45%), Iron: 3.16mg (17.57%), Vitamin B3: 3.22mg (16.1%), Phosphorus: 158.91mg (15.89%), Vitamin B2: 0.27mg (15.75%), Magnesium: 62.29mg (15.57%), Vitamin B6: 0.23mg (11.62%), Vitamin A: 577.88IU (11.56%), Potassium: 389.79mg (11.14%), Selenium: 7.51µg (10.73%), Calcium: 97.79mg (9.78%), Zinc: 1.39mg (9.27%), Copper: 0.17mg (8.31%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.33mg (3.34%), Vitamin C: 2.59mg (3.14%), Vitamin B12: 0.12µg (1.93%)