



Mexican Flatbread Pizzas

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 flatbreads
- 0.3 cup salsa
- 4 oz colby cheese shredded
- 0.5 cup olives ripe sliced
- 1 cup cherry tomatoes chopped quartered
- 0.5 cup spring onion sliced
- 1 avocado pitted peeled sliced

Equipment

baking sheet

oven

Directions

Heat oven to 400°F.

Place flatbreads on ungreased cookie sheet.

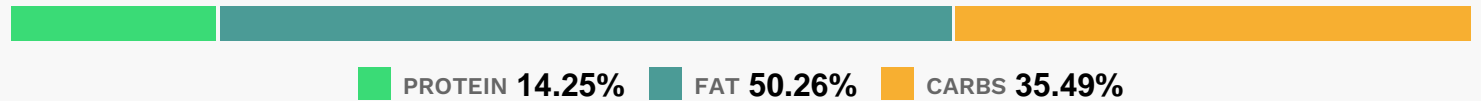
Spread 1 tablespoon salsa over each flatbread.

Sprinkle evenly with cheese and olives.

Bake 8 to 10 minutes or until cheese is melted and bread is crisp.

Sprinkle pizzas with tomatoes and onions. Top with avocado slices.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:17.520434747572%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 336.78kcal (16.84%), Fat: 19.85g (30.54%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 24.29g (8.83%), Sugar: 3.56g (3.95%), Cholesterol: 26.93mg (8.98%), Sodium: 719.1mg (31.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.33%), Manganese: 0.85mg (42.41%), Vitamin K: 39.71µg (37.82%), Selenium: 22.47µg (32.1%), Fiber: 7.24g (28.97%), Phosphorus: 248.62mg (24.86%), Calcium: 232.65mg (23.26%), Vitamin C: 16.18mg (19.61%), Folate: 73.8µg (18.45%), Vitamin E: 2.48mg (16.55%), Vitamin B6: 0.33mg (16.42%), Vitamin A: 806.26IU (16.13%), Magnesium: 59.69mg (14.92%), Potassium: 512.43mg (14.64%), Copper: 0.29mg (14.63%), Vitamin B1: 0.2mg (13.54%), Vitamin B2: 0.23mg (13.42%), Zinc: 1.94mg (12.93%), Iron: 2.31mg (12.81%), Vitamin B3: 2.52mg (12.61%), Vitamin B5: 1.18mg (11.84%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.17µg (1.13%)