



Mexican Meat-zza: Mexican Deep-Dish Pan Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



1590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 2 teaspoons cayenne sauce
- ☐ 1 tablespoon chili powder
- ☐ 1 small can chillies drained sliced
- ☐ 1 tablespoons cilantro leaves chopped
- ☐ 1 cup corn kernels frozen
- ☐ 2 boxes corn muffin mix
- ☐ 2 eggs

- ☐ 2 tablespoons olives green drained sliced salad olives
- ☐ 1 pound ground beef
- ☐ 2 teaspoons ground cumin
- ☐ 1 cup mild to taco sauce to pass at table
- ☐ 2.5 cups jack cheese shredded 10-ounce sack from dairy aisle
- ☐ 1.5 cups milk
- ☐ 4 servings olive oil or extra-virgin for drizzling
- ☐ 1 small onion finely chopped
- ☐ 0.5 bell pepper red chopped
- ☐ 4 servings salt
- ☐ 2 scallions chopped
- ☐ 2 tablespoons vegetable oil extra-virgin
- ☐ 2 small vine tomatoes diced ripe seeded

Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

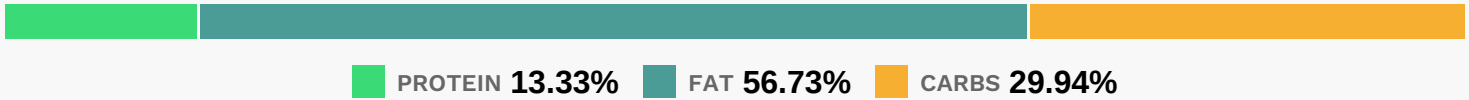
Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Mix together 2 packages muffin mix with 2 eggs, 4 tablespoons melted butter (melt in microwave 30 seconds), 1 1/2 cups milk and frozen corn kernels. Wipe a nonstick skillet with a little extra or vegetable oil and pour in the muffin mix. Use a large skillet, 10 to 12 inch. Choose a pan with oven safe handle or, double-wrap handle with foil to protect it in the oven.
- ☐ Place pan in oven and bake 12 to 15 minutes in center of the oven until light golden in color.
- ☐ Brown the meat over medium high heat in a second skillet in extra or vegetable oil, 2 turns of the pan.
- ☐ Add onions and spices and cook meat 5 minutes more.

- ☐
- Remove cornbread from oven and top with meat, cheese, and veggies.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:45.791739588198%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 1589.58kcal (79.48%), Fat: 100.59g (154.75%), Saturated Fat: 38.85g (242.82%), Carbohydrates: 119.44g (39.81%), Net Carbohydrates: 108.26g (39.37%), Sugar: 47.73g (53.03%), Cholesterol: 276.47mg (92.16%), Sodium: 2768.04mg (120.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.19g (106.38%), Phosphorus: 1286.39mg (128.64%), Selenium: 53.35µg (76.21%), Calcium: 751.64mg (75.16%), Vitamin A: 3433.15IU (68.66%), Vitamin B2: 1.14mg (66.93%), Vitamin B12: 4µg (66.62%), Zinc: 9.15mg (61.01%), Vitamin B3: 10.23mg (51.16%), Vitamin K: 52.2µg (49.71%), Vitamin B1: 0.71mg (47.44%), Folate: 183.56µg (45.89%), Fiber: 11.18g (44.7%), Vitamin B6: 0.86mg (42.79%), Vitamin E: 6.17mg (41.11%), Iron: 7.33mg (40.72%), Vitamin C: 29.71mg (36.02%), Manganese: 0.64mg (32.2%), Potassium: 983.35mg (28.1%), Magnesium: 104.92mg (26.23%), Vitamin B5: 2.41mg (24.12%), Copper: 0.3mg (15.21%), Vitamin D: 1.98µg (13.22%)