



Mexican Mini-Pizzas

READY IN



62 min.

SERVINGS



4

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces mexican chorizo crumbled cooked
- 1 cups monterrey jack cheese shredded
- 4 servings olive oil for brushing pans
- 1 teaspoon oregano dried
- 1 pound pizza dough store-bought
- 4 tomatoes thinly sliced

Equipment

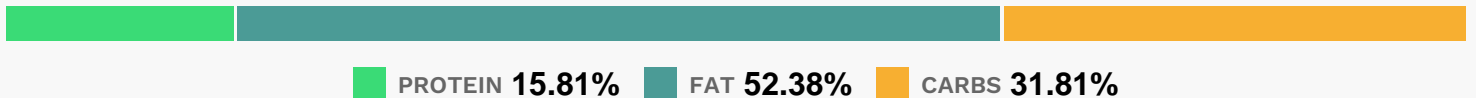
- frying pan

- baking sheet
- paper towels
- oven
- rolling pin

Directions

- Watch how to make this recipe.
- Cook the chorizo in a medium-size skillet over medium heat.
- Drain on paper towels.
- Preheat the oven to 375 degrees F.
- Put the dough out onto a well-floured surface. Divide the dough into 4 equal pieces.
- Roll into 4inch circles, using a rolling pin or stretching it into circles by hand. Arrange the circles on 2 baking sheets lightly brushed with oil.
- Top each pizza with tomato slices and crumbled cooked chorizo. Top with shredded cheese and sprinkle with dried oregano.
- Bake until the dough is golden brown and cheese is bubbly, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:10.514782729356%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 753.18kcal (37.66%), Fat: 43.78g (67.35%), Saturated Fat: 14.12g (88.28%), Carbohydrates: 59.83g (19.94%), Net Carbohydrates: 56.44g (20.53%), Sugar: 10.57g (11.75%), Cholesterol: 75.28mg (25.09%), Sodium:

1002.83mg (43.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.47%), Vitamin A: 1526.12IU (30.52%), Iron: 5.42mg (30.12%), Vitamin K: 21.9µg (20.85%), Vitamin C: 16.86mg (20.44%), Vitamin E: 2.82mg (18.83%), Calcium: 161.82mg (16.18%), Fiber: 3.39g (13.56%), Phosphorus: 129.38mg (12.94%), Vitamin B12: 0.64µg (10.64%), Potassium: 319.23mg (9.12%), Manganese: 0.17mg (8.68%), Zinc: 1.04mg (6.93%), Selenium: 4.78µg (6.83%), Vitamin B2: 0.11mg (6.19%), Vitamin B6: 0.11mg (5.7%), Folate: 21.59µg (5.4%), Magnesium: 20.48mg (5.12%), Copper: 0.08mg (3.94%), Vitamin B3: 0.78mg (3.91%), Vitamin B1: 0.05mg (3.65%), Vitamin B5: 0.15mg (1.54%)