



Mexican Pepperoni Pizzas

READY IN



25 min.

SERVINGS



5

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving pam original flavor shopping list
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 16 oz refried beans canned
- ☐ 0.5 cup salsa thick
- ☐ 1 chipotles in adobo finely chopped (from 7-oz can)
- ☐ 40 slices turkey pepperoni (from 6-)
- ☐ 6 oz cheddar cheese shredded finely

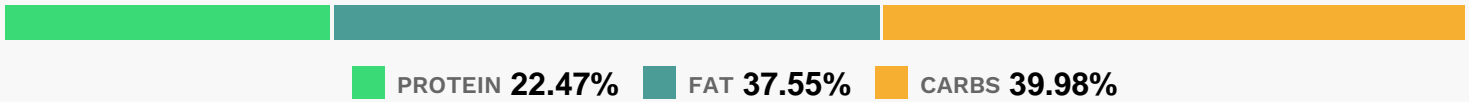
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 425°F. Spray 2 cookie sheets with cooking spray. Spray both sides of tortillas; place on cookie sheets.
- ☐ Bake about 3 minutes or until bottoms are slightly crisp; turn tortillas, and rotate pans.
- ☐ Bake 2 to 3 minutes longer or until bottoms are slightly crisp (tortillas will continue to crisp upon cooling).
- ☐ Remove tortillas to cooling rack; let cool. Reduce oven temperature to 350°F.
- ☐ Meanwhile, in medium bowl, mix refried beans, salsa, chipotle chile and sauce.
- ☐ Spread refried bean mixture (about 3 tablespoons) on each cooled tortilla to within 1/2 inch of edge. Top with pepperoni slices (3 per tortilla) and cheese.
- ☐ Bake uncovered 6 to 7 minutes or until heated through and cheese is melted.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:9.6, Inflammation Score:-5, Nutrition Score:11.135652158571%

Nutrients (% of daily need)

Calories: 368.75kcal (18.44%), Fat: 15.1g (23.23%), Saturated Fat: 7.67g (47.94%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 29.97g (10.9%), Sugar: 5.6g (6.22%), Cholesterol: 49.64mg (16.55%), Sodium: 1502.53mg (65.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.66%), Calcium: 332.95mg (33.29%), Phosphorus: 253.1mg (25.31%), Fiber: 6.21g (24.82%), Selenium: 15.7µg (22.44%), Iron: 3.27mg (18.15%), Vitamin B1: 0.25mg (16.72%), Vitamin B2: 0.25mg (14.57%), Manganese: 0.27mg (13.33%), Zinc: 1.93mg (12.85%), Folate: 49.73µg (12.43%), Vitamin B3: 2.38mg (11.92%), Vitamin A: 431.33IU (8.63%), Magnesium: 28.41mg (7.1%), Vitamin B12: 0.42µg (6.97%), Potassium: 217.33mg (6.21%), Copper: 0.1mg (5.1%), Vitamin K: 5.29µg (5.04%), Vitamin B6: 0.09mg (4.7%), Vitamin E: 0.4mg (2.68%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.17µg (1.13%)