



Mexican Pizza

READY IN



17 min.

SERVINGS



17

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz four cheese shredded mexican style kraft finely
- 0.5 cup pasilla peppers green chopped
- 1 ready-to-use baked pizza crust
- 0.5 cup taco bellâ® & chunky salsa thick

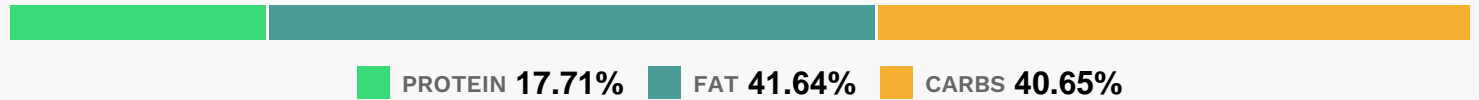
Equipment

- baking sheet
- oven

Directions

- Heat oven to 450F.
- Place crust on baking sheet; spread with salsa.
- Top with peppers and cheese.
- Bake 10 to 12 min. or until cheese is melted and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:2.5460869643999%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 121.05kcal (6.05%), Fat: 5.62g (8.64%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 11.77g (4.28%), Sugar: 0.79g (0.88%), Cholesterol: 13.34mg (4.45%), Sodium: 261.07mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.75%), Calcium: 118.07mg (11.81%), Phosphorus: 64.43mg (6.44%), Selenium: 3.84µg (5.49%), Vitamin C: 3.67mg (4.45%), Iron: 0.7mg (3.9%), Vitamin A: 186.6IU (3.73%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.51mg (3.4%), Vitamin B12: 0.14µg (2.36%), Fiber: 0.56g (2.26%), Vitamin B6: 0.03mg (1.62%), Vitamin E: 0.21mg (1.4%), Magnesium: 5.19mg (1.3%), Potassium: 37.67mg (1.08%)