



Mexican Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound chorizo sausage smoked sliced
- 4 ounces cream cheese softened
- 0.3 cup cilantro leaves fresh chopped
- 6 servings cilantro leaves fresh
- 1.5 cups corn kernels fresh
- 1 tablespoon juice of lime
- 0.5 teaspoon lime zest
- 4 oz monterrey jack cheese shredded
- 2 teaspoons olive oil

- 11 oz pizza crust dough refrigerated thin canned
- 0.5 cup onion sweet thinly sliced

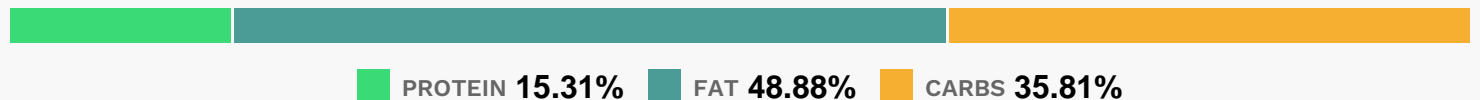
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 450
- Unroll dough; pat to an even thickness on a lightly greased baking sheet.
- Bake 10 to 12 minutes or until lightly browned.
- Saut sausage and onion in hot olive oil until onion is tender; drain.
- Combine cream cheese, Monterey Jack cheese, chopped fresh cilantro, lime zest, and lime juice; spread over crust. Top with sausage mixture and corn kernels.
- Bake at 450 for 8 to 10 minutes.
- Sprinkle with fresh cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:6.4252173278643%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 373.53kcal (18.68%), Fat: 20.63g (31.74%), Saturated Fat: 11.18g (69.85%), Carbohydrates: 34.01g (11.33%), Net Carbohydrates: 32.34g (11.76%), Sugar: 7.02g (7.8%), Cholesterol: 62.58mg (20.86%), Sodium: 555.83mg (24.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.09%), Calcium: 171.27mg (17.13%), Vitamin A: 710.62IU (14.21%), Phosphorus: 140.75mg (14.07%), Vitamin C: 10.97mg (13.29%), Iron: 2.22mg (12.33%), Vitamin B2: 0.14mg (8.32%), Selenium: 4.66µg (6.66%), Fiber: 1.66g (6.64%), Folate: 24.13µg (6.03%), Zinc: 0.85mg (5.68%), Magnesium: 21.83mg (5.46%), Vitamin B1: 0.07mg (4.67%), Potassium: 161.1mg (4.6%), Vitamin B5: 0.43mg (4.28%), Vitamin K: 4.21µg (4.01%), Vitamin B6: 0.08mg (3.94%), Manganese: 0.08mg (3.86%), Vitamin B3: 0.71mg (3.53%), Vitamin B12: 0.2µg (3.31%), Vitamin E: 0.46mg (3.05%), Copper: 0.04mg (1.95%)