



Mexican Pizza

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



895 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce refried black beans canned (recommended: Rosarita)
- 1.3 pounds ground beef
- 2 cups lettuce shredded
- 4 servings nacho rings for garnish
- 0.5 onion diced red
- 0.3 cup salsa (recommended: Pace)
- 2 cups mexican blend cheese shredded kraft (recommended:)
- 0.3 cup cup heavy whipping cream sour

- 1 tomatoes diced
- 4 garlic-herb wraps or any large tortilla (recommended: Mission)

Equipment

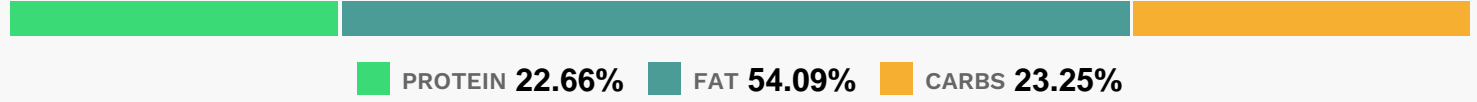
- bowl
- frying pan
- baking sheet
- oven
- grill
- microwave
- spatula

Directions

- Set up the grill for direct cooking over medium heat. Oil the grate when ready to start cooking.
- In a small bowl, stir to combine the sour cream and salsa; set aside.
- Brown the ground beef in a skillet. Set aside to cool.
- Lay out 2 wraps or tortillas. Divide the cheese and sprinkle over wraps. Top with remaining wraps; set aside. In a microwave-safe bowl, cook beans on high setting for 4 to 6 minutes in the microwave, or until done.
- Place the cheese-filled wraps on the hot oiled grill and cook for 2 minutes; turn over. Divide the black beans and spread on top of the wrap. Top with the reserved cooked beef and diced onions. Close the grill and cook for 2 more minutes.
- Remove the pizzas from grill and top with lettuce, tomatoes, and drizzle with the sour cream salsa mixture.
- Serve hot, garnished with nacho rings.
- INDOOR: Preheat oven to 400 degrees F. Complete above steps through microwaving the beans. In a skillet large enough to fit the wraps, heat 2 tablespoons of vegetable oil over medium heat. When the oil is hot, carefully fry both sides of wraps for 1 to 2 minutes, or until golden brown, turning with a large spatula.
- Transfer wraps to a baking sheet.

- Spread each wrap with the heated black beans and top with reserved ground beef and diced onions.
- Place in oven and bake for 5 minutes.
- Remove from oven and garnish as directed.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:5.91, Inflammation Score:-8, Nutrition Score:33.364347768866%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 895.09kcal (44.75%), Fat: 54.01g (83.09%), Saturated Fat: 23.01g (143.83%), Carbohydrates: 52.25g (17.42%), Net Carbohydrates: 39.54g (14.38%), Sugar: 4.12g (4.57%), Cholesterol: 163.41mg (54.47%), Sodium: 650.04mg (28.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.91g (101.81%), Phosphorus: 725.69mg (72.57%), Zinc: 9.48mg (63.18%), Vitamin B12: 3.75µg (62.54%), Folate: 208.7µg (52.18%), Fiber: 12.7g (50.82%), Calcium: 486.64mg (48.66%), Selenium: 33.04µg (47.2%), Magnesium: 152.15mg (38.04%), Vitamin B3: 7.3mg (36.51%), Vitamin B6: 0.71mg (35.55%), Iron: 6.23mg (34.58%), Manganese: 0.65mg (32.39%), Potassium: 1087.45mg (31.07%), Vitamin B2: 0.52mg (30.72%), Vitamin B1: 0.43mg (28.72%), Vitamin K: 21.86µg (20.82%), Copper: 0.41mg (20.51%), Vitamin A: 981.38IU (19.63%), Vitamin B5: 1.62mg (16.15%), Vitamin E: 2.2mg (14.64%), Vitamin C: 6.68mg (8.09%), Vitamin D: 0.42µg (2.81%)