



Mexican Pizza

READY IN



27 min.

SERVINGS



6

CALORIES



2886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 ounce olives black sliced canned
- ☐ 24 inch cheese pizzas frozen
- ☐ 1 cup ham cooked chopped
- ☐ 0.8 cup mushrooms fresh sliced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 6 servings lettuce shredded
- ☐ 16 ounce mexican cheese blend shredded (Monterey Jack, Cheddar, and other mild cheeses combined)
- ☐ 32 ounce chunky salsa

- ☐ 6 servings cup heavy whipping cream sour
- ☐ 1 tablespoon vegetable oil

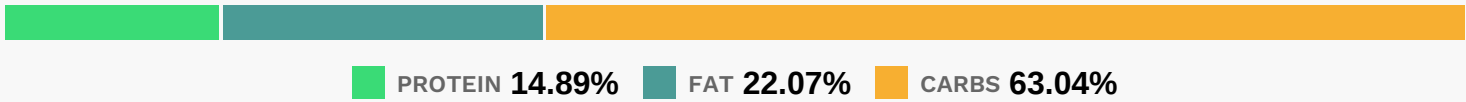
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Position the oven rack at the lowest level. If you have a pizza stone, place it in the oven on the rack. Preheat the oven to 425 degrees F.
- ☐ Heat the oil in a small saucepan and cook the mushrooms and green pepper over medium heat until crisp-tender, about 2 minutes.
- ☐ Cut the crusts into biscuit sized pieces using a biscuit cutter. Distribute the vegetables evenly over the crusts. Reserve 1 cup of the salsa and spoon the remaining salsa evenly over the pizzas. If you don't have a pizza stone, place the pizzas on a baking sheet. They won't be as crisp as they would be if you placed them directly on the rack, but this is a lot less messy.
- ☐ Bake the pizzas for 10 to 12 minutes, then sprinkle with the cheese.
- ☐ Bake for 7 minutes more.
- ☐ Serve the pizza slices topped with the reserved salsa, olives, cooked ham, shredded lettuce, and sour cream.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:29.395217470501%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol:

0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 2885.98kcal (144.3%), Fat: 70.73g (108.81%), Saturated Fat: 35.53g (222.07%), Carbohydrates: 454.64g (151.55%), Net Carbohydrates: 436.41g (158.69%), Sugar: 23.25g (25.83%), Cholesterol: 92.65mg (30.88%), Sodium: 6641.8mg (288.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 107.4g (214.8%), Iron: 26.38mg (146.55%), Calcium: 1399.29mg (139.93%), Fiber: 18.23g (72.91%), Phosphorus: 475.89mg (47.59%), Vitamin A: 1856.18IU (37.12%), Vitamin K: 35.56µg (33.87%), Vitamin C: 25.09mg (30.41%), Selenium: 18.17µg (25.96%), Vitamin B2: 0.43mg (25.31%), Vitamin B6: 0.46mg (23.01%), Zinc: 3.26mg (21.75%), Potassium: 722.98mg (20.66%), Vitamin B12: 1.23µg (20.42%), Vitamin E: 2.9mg (19.33%), Manganese: 0.34mg (16.86%), Vitamin B3: 3.12mg (15.59%), Vitamin B1: 0.23mg (15.44%), Magnesium: 57.08mg (14.27%), Folate: 47.19µg (11.8%), Copper: 0.23mg (11.31%), Vitamin B5: 0.98mg (9.8%), Vitamin D: 0.4µg (2.68%)