



Mexican Pizza

READY IN



32 min.

SERVINGS



6

CALORIES



1438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium spring onion thinly sliced
- 1 cup monterrey jack cheese shredded
- 12 inch uncook pizza crust italian
- 0.3 cup ranch dressing
- 16 ounce refried beans fat-free canned
- 2 cups baby greens shredded
- 1 cup salsa divided
- 0.3 cup tortilla chips crumbled

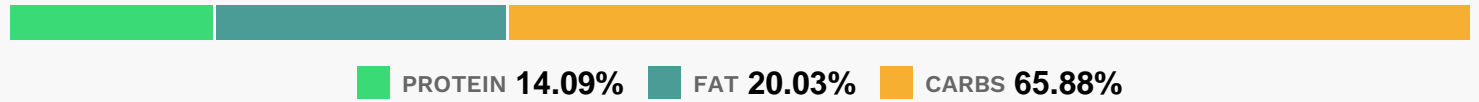
Equipment

- bowl
- baking sheet
- oven

Directions

- Adjust oven rack to lowest position, and heat oven to 450 degrees.
- Mix beans and 1/2 cup salsa in a medium bowl.
- Place crust on a cookie sheet, then spread the bean mixture over crust.
- Bake until it's crisp and warm, about 10 minutes.
- Remove from oven; top with lettuce, green onions and dollop with the remaining salsa.
- Drizzle (or, if dressing has an easy-pour top, squirt) dressing over pizza. Top with chips and cheese, then return to oven and bake until the cheese melts, about 2 minutes longer.
- Cut into 6 slices and serve.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:2.1, Inflammation Score:-9, Nutrition Score:16.637826123963%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 1438.26kcal (71.91%), Fat: 31.84g (48.98%), Saturated Fat: 14.71g (91.93%), Carbohydrates: 235.54g (78.51%), Net Carbohydrates: 223.81g (81.38%), Sugar: 11.43g (12.7%), Cholesterol: 19.36mg (6.45%), Sodium: 3337.85mg (145.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.38g (100.76%), Iron: 13.74mg (76.33%), Calcium: 609.64mg (60.96%), Vitamin K: 56.82µg (54.11%), Vitamin A: 2584.69IU (51.69%), Fiber: 11.74g (46.95%), Phosphorus: 136.84mg (13.68%), Folate: 43.54µg (10.88%), Vitamin B2: 0.12mg (7.14%), Vitamin E: 1.04mg (6.94%),

Potassium: 222.16mg (6.35%), Vitamin B6: 0.13mg (6.25%), Zinc: 0.82mg (5.46%), Selenium: 3.82µg (5.46%),
Magnesium: 20.97mg (5.24%), Manganese: 0.1mg (5.22%), Vitamin C: 3.19mg (3.87%), Vitamin B3: 0.66mg (3.31%),
Vitamin B1: 0.05mg (3.17%), Vitamin B5: 0.3mg (3.03%), Copper: 0.06mg (2.92%), Vitamin B12: 0.17µg (2.89%)