



Mexican Pizza

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup olives pitted ripe sliced
- 0.3 cup picante sauce
- 0.8 cup pasta sauce italian traditional
- 0.5 package puff pastry
- 0.8 cup cheddar cheese shredded
- 0.8 cup mozzarella cheese shredded

Equipment

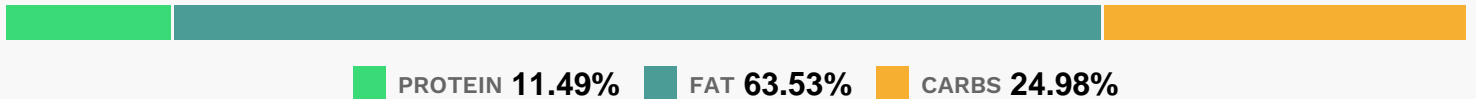
- bowl

- baking sheet
- oven

Directions

- Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle.
- Heat the oven to 400 degrees F.
- Unfold the pastry sheet on a lightly floured surface.
- Roll the pastry sheet into a 15x10-inch rectangle and place onto a baking sheet. Prick the pastry with a fork.
- Bake for 10 minutes or until the pastry is golden.
- Stir the Italian sauce and picante sauce in a small bowl.
- Spread the sauce mixture on the pastry to within 1/2-inch of the edges. Top with the cheeses and sprinkle with the olives.
- Bake for 5 minutes or until the cheese is melted.
- Cut the pizza into 8 pieces.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:16.01, Inflammation Score:-6, Nutrition Score:12.778695650723%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 514.9kcal (25.75%), Fat: 36.69g (56.45%), Saturated Fat: 12.93g (80.81%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 30.28g (11.01%), Sugar: 3.04g (3.38%), Cholesterol: 37.78mg (12.59%), Sodium: 878.72mg (38.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.87%), Selenium: 24.89µg (35.55%), Calcium: 277.34mg (27.73%), Phosphorus: 226.07mg (22.61%), Vitamin B2: 0.36mg (21.29%), Manganese: 0.37mg (18.74%), Vitamin B1: 0.27mg (18.31%), Vitamin B3: 3.24mg (16.21%), Folate: 58.73µg (14.68%), Vitamin A: 664.94IU (13.3%), Iron: 2.24mg (12.47%), Zinc: 1.85mg (12.35%), Vitamin K: 12.94µg (12.32%), Vitamin B12: 0.7µg (11.72%), Vitamin E: 1.71mg (11.41%), Fiber: 2.18g (8.72%), Copper: 0.15mg (7.63%), Magnesium: 29.98mg (7.49%), Potassium: 251.54mg (7.19%), Vitamin B6: 0.11mg (5.57%), Vitamin C: 3.52mg (4.27%), Vitamin B5: 0.29mg (2.94%),

Vitamin D: 0.21µg (1.41%)