



 **18%**
HEALTH SCORE

Mexican Pizza I

 **Gluten Free**

READY IN



50 min.

SERVINGS



4

CALORIES



859 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 avocado diced
- 1 tablespoon olives black sliced
- 4 6-inch corn tortillas ()
- 4 6-inch corn tortillas ()
- 4 ounce chilis diced green drained canned
- 2 spring onion chopped
- 1 pound ground beef
- 16 ounce refried beans canned

- 2 roma tomatoes chopped (plum)
- 8 ounces cheddar cheese shredded
- 8 tablespoons cream sour
- 1.3 ounce taco seasoning
- 1 tablespoon vegetable oil

Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- Heat the refried beans.
- In a large skillet, brown the ground beef. Stir in the seasoning packet.
- Preheat oven to 350 degrees F (175 degrees C).
- Place a small amount of vegetable oil in a large skillet.
- Let the oil heat, then place one corn tortilla in the skillet. After 15 seconds, flip the tortilla over and let it fry another 15 seconds. Repeat this process with the remaining tortillas, letting them drain on paper towels once they have been heated. When the tortillas have drained, arrange them on a cookie sheet.
- Spread a thin layer of beans on the tortillas, followed by a layer of beef, and cheese.
- Bake the tortillas in the preheated oven for 20 to 30 minutes. Slice the tortillas into wedges and arrange them on plates or a serving platter and garnish them with the sour cream, tomatoes, green onions, chiles, avocado, and olives.

Nutrition Facts



Properties

Glycemic Index:69.25, Glycemic Load:13.96, Inflammation Score:-9, Nutrition Score:29.357391004977%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 859.48kcal (42.97%), Fat: 55.64g (85.61%), Saturated Fat: 23.36g (146%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 35.66g (12.97%), Sugar: 7.09g (7.88%), Cholesterol: 151.37mg (50.46%), Sodium: 1992.45mg (86.63%), Alcohol: 0g (100%), Protein: 42.07g (84.14%), Phosphorus: 646.29mg (64.63%), Calcium: 546.74mg (54.67%), Selenium: 37.36µg (53.36%), Zinc: 7.84mg (52.3%), Vitamin B12: 3.08µg (51.3%), Fiber: 12.46g (49.85%), Vitamin A: 2042.2IU (40.84%), Vitamin B6: 0.66mg (32.84%), Vitamin B3: 6.46mg (32.3%), Vitamin B2: 0.54mg (32%), Iron: 5.26mg (29.24%), Vitamin K: 30.19µg (28.75%), Vitamin C: 21.79mg (26.41%), Magnesium: 87.68mg (21.92%), Potassium: 721.31mg (20.61%), Folate: 68.09µg (17.02%), Vitamin E: 2.2mg (14.68%), Manganese: 0.27mg (13.49%), Vitamin B5: 1.35mg (13.46%), Copper: 0.25mg (12.28%), Vitamin B1: 0.15mg (10.25%), Vitamin D: 0.45µg (3.02%)