



Mexican Pizza II

READY IN



25 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted peeled sliced
- 2 ounce olives black sliced canned
- 4 10-inch flour tortilla ()
- 2 spring onion chopped
- 1 pound ground beef lean
- 2 cups monterrey jack cheese shredded
- 32 ounce refried beans canned
- 2 cups cheddar cheese shredded
- 2 tablespoons cream sour

- 1 ounce taco seasoning
- 1 tomatoes diced
- 0.7 cup water

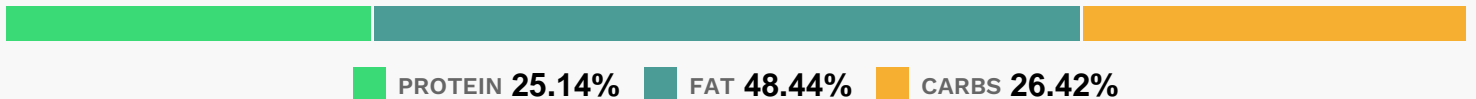
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain and stir in taco seasoning mix and water.
- Mix in the refried beans; set aside.
- Spread the beef mixture evenly on two tortillas. Top each tortilla with a second tortilla.
- Place even amounts of Monterey Jack cheese and Cheddar cheese on top of the second tortillas.
- Place the tortillas onto a large baking sheet.
- Bake in the preheated oven 10 minutes, or until cheeses are melted.
- Remove from oven and top with sour cream, tomato, avocado, black olives and green onions.
- Cut each pizza into 8 wedges and serve warm.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:9.02, Inflammation Score:-7, Nutrition Score:21.105217467184%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 548.19kcal (27.41%), Fat: 29.19g (44.91%), Saturated Fat: 14.1g (88.15%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 26.99g (9.81%), Sugar: 5.81g (6.46%), Cholesterol: 90.32mg (30.11%), Sodium: 1702.71mg (74.03%), Alcohol: Og (100%), Protein: 34.08g (68.16%), Calcium: 518.12mg (51.81%), Phosphorus: 459.61mg (45.96%), Selenium: 30.05µg (42.94%), Fiber: 8.83g (35.33%), Zinc: 5.17mg (34.46%), Vitamin B12: 1.81µg (30.17%), Vitamin B2: 0.47mg (27.54%), Vitamin B3: 5.27mg (26.33%), Iron: 4.39mg (24.38%), Vitamin A: 1168.07IU (23.36%), Vitamin B6: 0.37mg (18.34%), Folate: 71.72µg (17.93%), Vitamin K: 16.92µg (16.11%), Vitamin B1: 0.24mg (15.87%), Potassium: 457.87mg (13.08%), Manganese: 0.24mg (12.14%), Magnesium: 46.28mg (11.57%), Vitamin B5: 0.97mg (9.74%), Vitamin E: 1.35mg (8.97%), Copper: 0.17mg (8.5%), Vitamin C: 6.8mg (8.25%), Vitamin D: 0.4µg (2.64%)