



Mexican Pizzas

READY IN



30 min.

SERVINGS



8

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons spring onion thinly sliced (3 medium)
- ☐ 19.8 oz old el taco dinner kit old el paso®
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 16 oz monterrey jack cheese shredded
- ☐ 16 oz refried beans old el paso® canned
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

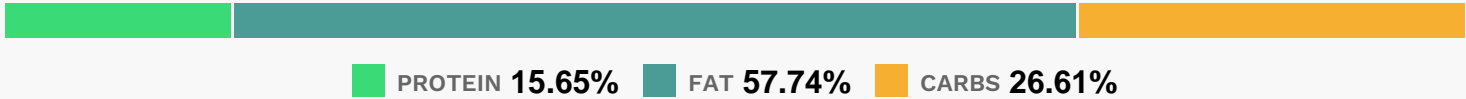
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Heat oven to 425°F. In 10-inch skillet, heat oil over medium heat until hot. Cook tortillas (from dinner kit), one at a time, in oil about 20 seconds or until golden brown; turn and cook 10 seconds longer.
- ☐ Drain on paper towels.
- ☐ In same skillet, cook beef, stirring occasionally, until thoroughly cooked; drain. Stir in seasoning mix (from dinner kit) and water; heat until hot.
- ☐ Spread 2 tablespoons refried beans on each tortilla. Top with 2 tablespoons beef and 1 tablespoon ranch sauce (from dinner kit).
- ☐ Sprinkle each with 1/2 cup cheese; garnish with olives and onions. On ungreased cookie sheets, place pizzas.
- ☐ Bake 5 to 7 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:21.69, Inflammation Score:-5, Nutrition Score:15.973043348478%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 787.72kcal (39.39%), Fat: 50.17g (77.18%), Saturated Fat: 28.33g (177.06%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 48.88g (17.77%), Sugar: 35.92g (39.92%), Cholesterol: 98.44mg (32.81%), Sodium: 743.19mg (32.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.82mg (3.27%), Protein: 30.6g (61.2%), Calcium: 541.66mg (54.17%), Phosphorus: 436.88mg (43.69%), Vitamin B12: 2.08µg (34.61%), Selenium: 20.25µg (28.93%), Zinc: 4.14mg (27.63%), Vitamin B2: 0.45mg (26.72%), Vitamin K: 17µg (16.19%), Iron: 2.75mg (15.3%),

Vitamin B3: 2.81mg (14.06%), Magnesium: 51.51mg (12.88%), Fiber: 3.14g (12.57%), Vitamin B6: 0.24mg (12.17%),
Vitamin A: 562.34IU (11.25%), Copper: 0.21mg (10.57%), Potassium: 367.3mg (10.49%), Vitamin B5: 0.85mg (8.54%),
Vitamin B1: 0.12mg (7.75%), Folate: 25.44µg (6.36%), Vitamin E: 0.91mg (6.06%), Manganese: 0.09mg (4.28%),
Vitamin D: 0.4µg (2.65%)