



Mexican Sausage Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



1247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baking mix
- ☐ 2 cups cheddar cheese grated
- ☐ 0.5 cup cilantro leaves minced
- ☐ 0.5 cup onion chopped
- ☐ 1 pound original roll sausage hot bob evans® (can use)
- ☐ 15 ounce refried beans canned
- ☐ 2 cups mexican blend cheese shredded
- ☐ 1 cup tomatoes diced

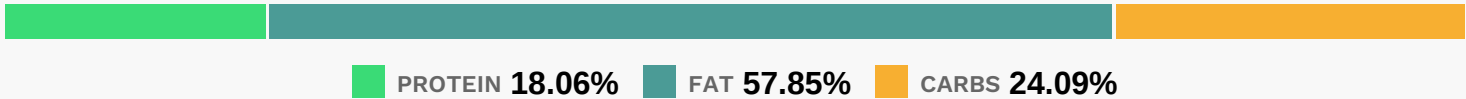
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 350 F.
- ☐ In medium skillet over medium heat crumble and cook sausage until brown. Cool. In large bowl, combine baking mix, cheddar cheese and cooked sausage. Stir in 5 or 6 Tbsp. water to form a dough. Pat out into a thin layer on a large baking sheet or pizza pan.
- ☐ Bake for 10 minutes or until light brown.
- ☐ Spread crust with refried beans. Top with onions, tomato, cilantro and Mexican cheese.
- ☐ Bake for an additional 10 to 15 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:3.92, Inflammation Score:-8, Nutrition Score:34.356956502666%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 1247.32kcal (62.37%), Fat: 79.22g (121.88%), Saturated Fat: 33.93g (212.06%), Carbohydrates: 74.23g (24.74%), Net Carbohydrates: 67.03g (24.38%), Sugar: 15.86g (17.63%), Cholesterol: 193.15mg (64.38%), Sodium: 3193.91mg (138.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.66g (111.32%), Phosphorus: 1199.34mg

(119.93%), Calcium: 984.55mg (98.45%), Vitamin B1: 0.88mg (58.86%), Vitamin B2: 0.97mg (57.33%), Vitamin B3: 9.78mg (48.9%), Zinc: 6.87mg (45.78%), Selenium: 31.26µg (44.65%), Vitamin B12: 2.6µg (43.38%), Folate: 143.41µg (35.85%), Vitamin A: 1557.71IU (31.15%), Iron: 5.31mg (29.48%), Fiber: 7.2g (28.79%), Vitamin B6: 0.55mg (27.27%), Manganese: 0.41mg (20.32%), Vitamin B5: 2mg (19.98%), Magnesium: 74.25mg (18.56%), Potassium: 646.93mg (18.48%), Vitamin K: 18.28µg (17.41%), Copper: 0.28mg (14.02%), Vitamin D: 2.09µg (13.95%), Vitamin C: 8.19mg (9.92%), Vitamin E: 1.15mg (7.68%)