




 **72%**
HEALTH SCORE

Mexican Tortilla Pizza


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




20 min.

SERVINGS



2

CALORIES



388 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 15 ounce black beans drained and rinsed canned
- 4 6-inch corn tortillas whole-wheat (es in diameter)
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 1 clove garlic minced
- 1 cup cabbage shredded green
- 0.3 teaspoon ground cumin
- 1 tablespoon jalapeno minced

- 2 tablespoons juice of lime
- 2 teaspoons olive oil
- 0.5 medium onion diced
- 2 servings salt and pepper black freshly ground
- 1 large tomatoes diced seeded
- 1 tablespoon water

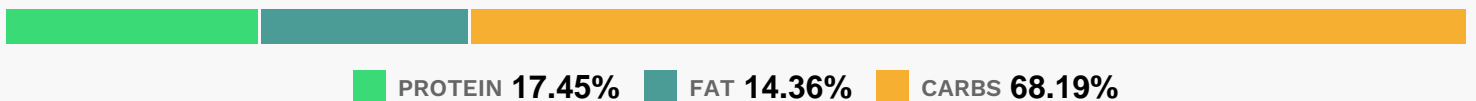
Equipment

- food processor
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 400 degrees F.
- Place the tortillas onto a baking sheet and spread 2 tablespoons of black bean dip on top of each tortilla. Top with tomato and cabbage and bake for 10 minutes.
- Remove the pizzas from the oven and sprinkle some cilantro on each one. Allow to cool slightly before cutting into wedges.
- Heat the oil in a skillet over a medium heat.
- Add onions and saute until they soften, about 2 minutes. Stir in the garlic and jalapeno and cook for 1 minute more.
- Put the beans into a food processor.
- Add the onion mixture and the rest of the ingredients and puree until smooth.

Nutrition Facts



Properties

Glycemic Index:161.25, Glycemic Load:12.31, Inflammation Score:-9, Nutrition Score:26.341304426608%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 388.24kcal (19.41%), Fat: 6.46g (9.94%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 69.05g (23.02%), Net Carbohydrates: 48.25g (17.54%), Sugar: 5.74g (6.38%), Cholesterol: 0mg (0%), Sodium: 854.6mg (37.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Fiber: 20.8g (83.21%), Vitamin C: 47.58mg (57.68%), Manganese: 0.93mg (46.33%), Phosphorus: 440.73mg (44.07%), Vitamin K: 45.43µg (43.26%), Folate: 171.32µg (42.83%), Magnesium: 133.3mg (33.33%), Potassium: 1127.42mg (32.21%), Iron: 5.45mg (30.25%), Copper: 0.58mg (29.07%), Vitamin B1: 0.43mg (28.48%), Vitamin B6: 0.44mg (22.04%), Vitamin A: 1056.58IU (21.13%), Vitamin B2: 0.34mg (20.1%), Calcium: 156.32mg (15.63%), Vitamin B3: 2.92mg (14.6%), Zinc: 2.16mg (14.4%), Vitamin E: 1.64mg (10.95%), Selenium: 6.48µg (9.25%), Vitamin B5: 0.7mg (7.03%)