



Nacho Party” Pizza

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pizza cheese frozen
- 0.3 cup black beans canned rinsed drained
- 1.5 oz cheddar cheese shredded
- 0.3 cup tomatoes chopped
- 0.3 cup tortilla chips crushed nacho-flavored
- 2 tablespoons ranch dressing
- 0.5 teaspoon hot sauce red

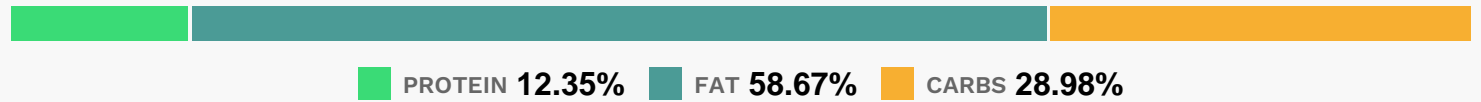
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 450°F. Line cookie sheet with foil. Spray with cooking spray.
- Place frozen pizza on cookie sheet. Top with beans and cheese.
- Bake 15 to 17 minutes or until center is thoroughly heated and cheese is melted.
- Remove pizza from oven.
- Sprinkle with tomato and tortilla chips.
- In small bowl, mix dressing and pepper sauce.
- Drizzle over pizza.
- Serve with additional tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:8.2934783101082%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 273.99kcal (13.7%), Fat: 18.13g (27.9%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 16.83g (6.12%), Sugar: 1.59g (1.77%), Cholesterol: 25.26mg (8.42%), Sodium: 475.77mg (20.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Vitamin K: 26.6µg (25.34%), Phosphorus: 205.44mg (20.54%), Calcium: 188.44mg (18.84%), Fiber: 3.31g (13.26%), Selenium: 7.76µg (11.08%), Vitamin B2: 0.16mg (9.42%), Magnesium: 35.41mg (8.85%), Vitamin E: 1.3mg (8.7%), Vitamin A: 428.95IU (8.58%), Zinc: 1.27mg (8.46%), Folate: 28.64µg (7.16%), Potassium: 209.44mg (5.98%), Vitamin C: 4.92mg (5.97%), Vitamin B1: 0.08mg

(5.66%), Iron: 0.99mg (5.48%), Manganese: 0.1mg (5.2%), Vitamin B5: 0.51mg (5.11%), Copper: 0.1mg (4.92%),
Vitamin B6: 0.09mg (4.53%), Vitamin B12: 0.25µg (4.18%), Vitamin B3: 0.51mg (2.54%)