



Pepperoni Pizza Enchiladas

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings artichokes
- ☐ 8 servings bacon
- ☐ 8 servings bell pepper
- ☐ 0.5 cup olives black (opt)
- ☐ 8 servings cheese blue
- ☐ 8 servings meat from a rotisserie chicken
- ☐ 9 small taco size flour tortillas
- ☐ 8 servings onions

- ☐ 26 ounce pizza sauce
- ☐ 8 servings sausage
- ☐ 3 cups mozzarella cheese shredded
- ☐ 8 servings sun tomatoes dried

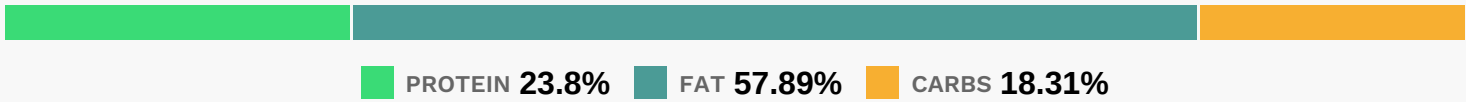
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place tortillas onto a plate close by.
- ☐ Pour 1/2 cup pasta sauce into 9×11 inch baking dish, spreading evenly.To start layering enchiladas,
- ☐ Spread about 2 tablespoons pasta sauce over center of tortillas.
- ☐ Layer with about 4 pepperoni’s then top with about 2–3 tablespoons of shredded cheese.
- ☐ Roll each tortilla then place seam side down into baking dish. Continue filling and rolling tortillas until all have been placed into the baking dish. Top with remaining sauce spreading evenly then add 3/4 cup shredded cheese then layer with pepperoni and any other pizza toppings you like. Finish with more cheese and bake for 25 minutes or until cheese is hot and melted.
- ☐ Remove and serve.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:9.5, Inflammation Score:-10, Nutrition Score:33.916086901789%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 741.95kcal (37.1%), Fat: 47.9g (73.7%), Saturated Fat: 20.09g (125.55%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 28.57g (10.39%), Sugar: 11.01g (12.23%), Cholesterol: 152.28mg (50.76%), Sodium: 1660.22mg (72.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.31g (88.62%), Vitamin C: 108.13mg (131.07%), Vitamin A: 3448.26IU (68.97%), Vitamin B3: 11.98mg (59.89%), Phosphorus: 591.79mg (59.18%), Selenium: 40.09µg (57.28%), Calcium: 469.59mg (46.96%), Vitamin B6: 0.91mg (45.33%), Vitamin B2: 0.62mg (36.59%), Vitamin B12: 1.78µg (29.64%), Zinc: 4.42mg (29.44%), Vitamin B1: 0.41mg (27.67%), Potassium: 954.66mg (27.28%), Folate: 106.61µg (26.65%), Manganese: 0.48mg (23.96%), Vitamin B5: 2.36mg (23.64%), Vitamin E: 3.42mg (22.77%), Iron: 4.05mg (22.48%), Fiber: 5.52g (22.07%), Magnesium: 78.93mg (19.73%), Copper: 0.28mg (14.02%), Vitamin K: 12.89µg (12.28%), Vitamin D: 0.64µg (4.24%)