



Pizza-dilla

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 6-inch flour tortilla ()
- 1 Tbsp pasilla peppers green chopped
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 Tbsp classico pizza sauce traditional
- 1 Tbsp tomatoes chopped

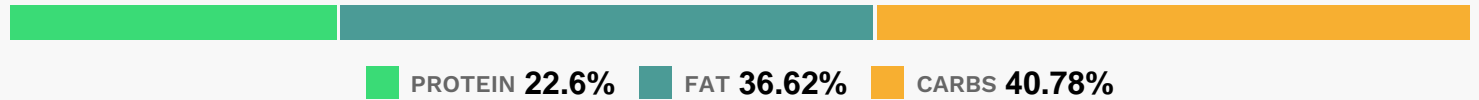
Equipment

- microwave

Directions

- Spread tortilla with pizza sauce.
- Top with remaining ingredients; fold in half.
- Place on microwaveable plate.
- Microwave on HIGH 15 to 20 sec. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:127, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:7.8891304446303%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 171.04kcal (8.55%), Fat: 6.95g (10.68%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 15.79g (5.74%), Sugar: 2.58g (2.86%), Cholesterol: 17.92mg (5.97%), Sodium: 466.24mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.29%), Calcium: 267.27mg (26.73%), Phosphorus: 200.9mg (20.09%), Selenium: 10.81µg (15.45%), Vitamin C: 10.55mg (12.79%), Vitamin B1: 0.17mg (11.35%), Vitamin B2: 0.18mg (10.86%), Manganese: 0.2mg (9.76%), Folate: 35.22µg (8.8%), Vitamin B3: 1.64mg (8.18%), Iron: 1.37mg (7.59%), Vitamin A: 357.16IU (7.14%), Zinc: 1mg (6.68%), Fiber: 1.61g (6.44%), Vitamin K: 4.88µg (4.65%), Potassium: 156.87mg (4.48%), Magnesium: 17.85mg (4.46%), Vitamin B6: 0.08mg (4.23%), Vitamin B12: 0.23µg (3.83%), Copper: 0.07mg (3.52%), Vitamin E: 0.37mg (2.46%), Vitamin B5: 0.14mg (1.4%)