



Pizza Mexicana

READY IN



20 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 6-inch wholewheat pita breads ()
- 15 ounces tomato sauce canned (any flavor)
- 2 cups chicken shredded cooked chopped
- 4 oz chilis green drained chopped canned
- 6 ounces cheese shredded taco-flavored

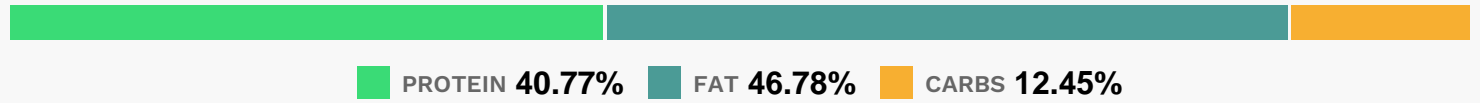
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350°F.
- Place pita breads on ungreased cookie sheet.
- Spread tomato sauce over pita breads. Top with chicken and chilies.
- Sprinkle with cheese.
- Bake 8 to 10 minutes or until pizzas are hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:1.9, Inflammation Score:-5, Nutrition Score:9.9826085982115%

Nutrients (% of daily need)

Calories: 186.71kcal (9.34%), Fat: 9.71g (14.93%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.4g (1.6%), Sugar: 2.82g (3.13%), Cholesterol: 57.4mg (19.13%), Sodium: 629.09mg (27.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.07%), Selenium: 16.78µg (23.97%), Vitamin B3: 4.55mg (22.75%), Phosphorus: 212.14mg (21.21%), Calcium: 166.35mg (16.64%), Vitamin B6: 0.29mg (14.71%), Vitamin C: 11.42mg (13.85%), Vitamin B12: 0.78µg (13.03%), Vitamin B2: 0.2mg (11.86%), Zinc: 1.72mg (11.46%), Vitamin A: 541.47IU (10.83%), Potassium: 361.46mg (10.33%), Iron: 1.64mg (9.08%), Vitamin B5: 0.73mg (7.32%), Vitamin E: 1.07mg (7.16%), Magnesium: 27.12mg (6.78%), Copper: 0.11mg (5.65%), Fiber: 1.41g (5.63%), Folate: 21.14µg (5.29%), Manganese: 0.1mg (4.85%), Vitamin B1: 0.06mg (3.93%), Vitamin K: 2.64µg (2.51%)