

Pizza Mexicana

READY IN



20 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

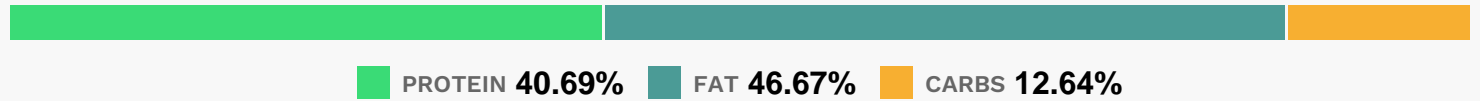
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- 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:10.078695556392%

Nutrients (% of daily need)

Calories: 187.21kcal (9.36%), Fat: 9.71g (14.94%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.47g (1.63%), Sugar: 2.82g (3.13%), Cholesterol: 57.4mg (19.13%), Sodium: 638.46mg (27.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.1%), Selenium: 16.79µg (23.98%), Vitamin B3: 4.56mg (22.82%), Phosphorus: 212.4mg (21.24%), Calcium: 167.2mg (16.72%), Vitamin B6: 0.3mg (14.86%), Vitamin C: 12.23mg (14.83%), Vitamin B12: 0.78µg (13.03%), Vitamin B2: 0.2mg (11.9%), Zinc: 1.72mg (11.47%), Vitamin A: 544.45IU (10.89%), Potassium: 364.13mg (10.4%), Iron: 1.67mg (9.26%), Vitamin B5: 0.73mg (7.34%), Vitamin E: 1.07mg (7.16%), Magnesium: 27.21mg (6.8%), Fiber: 1.45g (5.79%), Copper: 0.11mg (5.65%), Folate: 22.42µg (5.6%), Manganese: 0.1mg (4.85%), Vitamin B1: 0.06mg (3.95%), Vitamin K: 2.64µg (2.51%)