



Pizza Tacos

READY IN



30 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 corn tortillas
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 8 ounces sausage sweet italian preferably without fennel seeds
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 cup pepperoni halved sliced
- ☐ 1 cup pizza sauce
- ☐ 0.5 cup ricotta cheese
- ☐ 1 cup mozzarella cheese shredded

- ☐ 4 ounces mushrooms white thinly sliced

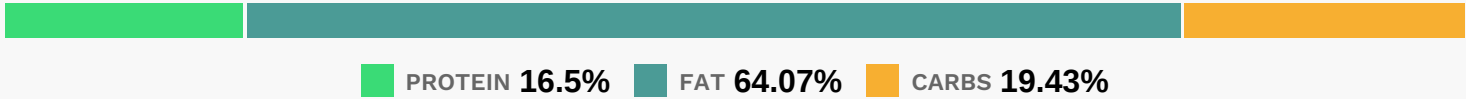
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- ☐ Add the mushrooms and cook, undisturbed, until browned on one side, then stir and continue cooking until browned on the other side, about 3 minutes.
- ☐ Remove to a plate. Reduce the heat to medium and add the remaining 1 tablespoon olive oil to the skillet.
- ☐ Add the sausage and cook, breaking it up with a wooden spoon, until browned, 3 to 5 minutes.
- ☐ Add the pepperoni and oregano and cook until the pepperoni is crisp around the edges, about 1 minute. Stir in the pizza sauce and reserved mushrooms. Bring to a simmer and cook 5 more minutes.
- ☐ Warm the tortillas as the label directs. Divide the sausage mixture among the tortillas. Top with the mozzarella, ricotta and basil.
- ☐ Photograph by Charles Masters
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Nutrition Facts



Properties

Glycemic Index:78.13, Glycemic Load:11.9, Inflammation Score:-7, Nutrition Score:19.546086922936%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 602.16kcal (30.11%), Fat: 43.36g (66.71%), Saturated Fat: 16.39g (102.42%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 25.03g (9.1%), Sugar: 3.58g (3.98%), Cholesterol: 94.72mg (31.57%), Sodium: 1154.62mg (50.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.25%), Selenium: 33.6µg (48%), Phosphorus: 456.15mg (45.62%), Vitamin B1: 0.46mg (30.67%), Calcium: 274.73mg (27.47%), Vitamin B2: 0.46mg (27.1%), Vitamin B3: 5.04mg (25.19%), Vitamin B12: 1.45µg (24.25%), Zinc: 3.52mg (23.44%), Vitamin B6: 0.45mg (22.6%), Manganese: 0.4mg (19.95%), Fiber: 4.56g (18.22%), Magnesium: 69.97mg (17.49%), Potassium: 610.84mg (17.45%), Copper: 0.31mg (15.75%), Vitamin E: 2.31mg (15.37%), Iron: 2.6mg (14.44%), Vitamin K: 14.74µg (14.03%), Vitamin A: 674.73IU (13.49%), Vitamin B5: 1.24mg (12.36%), Vitamin C: 6.29mg (7.62%), Folate: 25.17µg (6.29%), Vitamin D: 0.41µg (2.76%)