



Pizzadillas

READY IN



30 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 flour tortilla mini
- ☐ 200 g pasta sauce
- ☐ 200 g mozzarella cheese grated
- ☐ 2 tsp seasoning mixed dried italian (or herbs)
- ☐ 80 g genoa salami sliced
- ☐ 2 tbsp olive oil

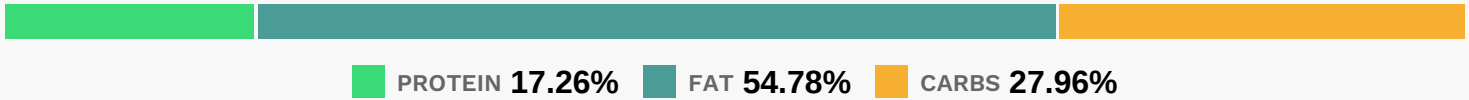
Equipment

- ☐ frying pan

Directions

- ☐ Lay out the tortillas on your work surface.
- ☐ Mix together the tomato sauce, mozzarella, 1 tsp of the oregano and a good grinding of black pepper.
- ☐ Spread over each tortilla, then arrange the salami over 4 tortillas. Sandwich the other 4 tortillas on top.
- ☐ Heat a non-stick frying pan over a medium heat.
- ☐ Mix the oil with the remaining oregano and brush over each side of the pizzadillas. Fry them for 2-3 mins on each side until golden and crisp, and the cheese has melted.
- ☐ Cut into wedges with a pizza wheel and serve.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:10.62, Inflammation Score:-6, Nutrition Score:17.361739080885%

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: 491.27kcal (24.56%), Fat: 29.9g (46%), Saturated Fat: 11.71g (73.17%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.1g (11.31%), Sugar: 4.56g (5.06%), Cholesterol: 55.3mg (18.43%), Sodium: 1444.46mg (62.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.4%), Selenium: 27.3µg (39%), Calcium: 364.14mg (36.41%), Phosphorus: 361.23mg (36.12%), Vitamin B1: 0.52mg (34.43%), Vitamin B12: 1.7µg (28.33%), Vitamin B2: 0.41mg (24.35%), Vitamin B3: 4.36mg (21.81%), Manganese: 0.42mg (21.19%), Iron: 3.51mg (19.49%), Zinc: 2.75mg (18.35%), Folate: 66.93µg (16.73%), Vitamin K: 16.68µg (15.89%), Vitamin E: 1.99mg (13.25%), Fiber: 3.23g (12.93%), Vitamin A: 569.81IU (11.4%), Vitamin B6: 0.22mg (11.11%), Potassium: 348.51mg (9.96%), Magnesium: 37.53mg (9.38%), Copper: 0.16mg (8.15%), Vitamin B5: 0.54mg (5.44%), Vitamin C: 3.52mg (4.27%), Vitamin D: 0.2µg (1.33%)