



Quick Mexican Pizza

READY IN



20 min.

SERVINGS



20

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp chili powder
- 4 6-inch flour tortilla ()
- 0.5 lb ground beef
- 1 cup taco bell® & chunky salsa thick
- 4 sticks polly-o mozzarella string cheese kraft

Equipment

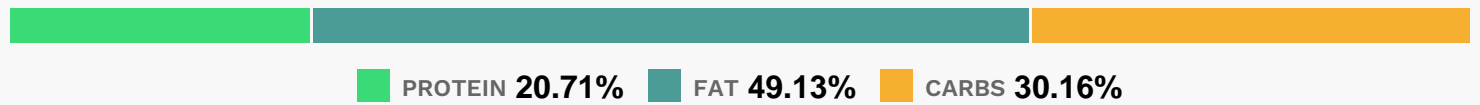
- frying pan
- baking sheet

oven

Directions

- Heat oven to 400F.
- Pull cheese into thin strips; set aside.
- Brown meat in large skillet; drain. Stir in salsa and chili powder.
- Place tortillas on baking sheet; top with meat mixture and cheese.
- Bake 8 to 10 min. or until cheese is melted and tortillas are crisp and lightly browned.

Nutrition Facts



Properties

Glycemic Index:1.7, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:2.1678260960009%

Nutrients (% of daily need)

Calories: 51.89kcal (2.59%), Fat: 2.83g (4.36%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.73g (0.81%), Cholesterol: 8.16mg (2.72%), Sodium: 140.82mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Selenium: 3.18µg (4.55%), Vitamin B3: 0.91mg (4.53%), Vitamin B12: 0.24µg (4.04%), Zinc: 0.54mg (3.58%), Phosphorus: 34.84mg (3.48%), Vitamin B6: 0.07mg (3.29%), Iron: 0.52mg (2.87%), Vitamin B1: 0.04mg (2.66%), Manganese: 0.05mg (2.39%), Vitamin B2: 0.04mg (2.3%), Potassium: 74.29mg (2.12%), Vitamin A: 102.46IU (2.05%), Fiber: 0.49g (1.96%), Folate: 6.99µg (1.75%), Vitamin E: 0.26mg (1.71%), Calcium: 15.03mg (1.5%), Magnesium: 5.4mg (1.35%), Vitamin K: 1.32µg (1.26%), Copper: 0.02mg (1.15%)