



## Quick Tex-Mex Confetti Pizza

READY IN



30 min.

SERVINGS



5

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce black beans organic rinsed drained canned
- 1 cup corn kernels frozen thawed
- 1 pint grape tomatoes halved
- 1 tablespoon olive oil
- 16 ounce pizza dough
- 3 ounces queso fresco crumbled
- 0.1 teaspoon salt
- 1 teaspoon paprika smoked hot

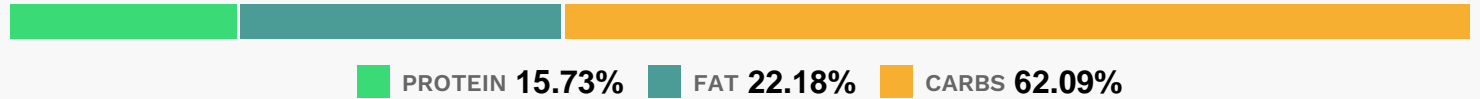
## Equipment

- baking sheet
- oven

## Directions

- Place a baking sheet in the oven. Preheat oven to 45
- Combine first 6 ingredients; toss.
- Roll dough out to a 13-inch circle; crimp edges to form a 1/2-inch border.
- Remove baking sheet from oven.
- Transfer dough onto preheated baking sheet.
- Spread bean mixture evenly over dough, leaving a 1/2-inch border, and top with cheese.
- Bake on the bottom rack of oven at 450 for 20 minutes or until browned.
- Cut into 10 wedges.

## Nutrition Facts



## Properties

Glycemic Index:10.6, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:12.861739075702%

## Flavonoids

Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 416.31kcal (20.82%), Fat: 10.55g (16.23%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 66.45g (22.15%), Net Carbohydrates: 57.29g (20.83%), Sugar: 10.01g (11.12%), Cholesterol: 11.74mg (3.91%), Sodium: 1240.66mg (53.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.83g (33.67%), Fiber: 9.16g (36.64%), Iron: 4.54mg (25.25%), Vitamin A: 1140.59IU (22.81%), Folate: 79.6µg (19.9%), Phosphorus: 196.4mg (19.64%), Vitamin C: 15.79mg (19.14%), Manganese: 0.35mg (17.62%), Potassium: 560.63mg (16.02%), Calcium: 137.47mg (13.75%), Magnesium: 49.24mg (12.31%), Copper: 0.24mg (11.92%), Vitamin B1: 0.17mg (11.65%), Vitamin B2: 0.18mg (10.8%), Vitamin K:

9.65µg (9.19%), Zinc: 1.18mg (7.88%), Vitamin B6: 0.16mg (7.81%), Vitamin E: 1.12mg (7.49%), Vitamin B3: 1.46mg (7.31%), Selenium: 4.61µg (6.59%), Vitamin B12: 0.29µg (4.76%), Vitamin B5: 0.43mg (4.28%), Vitamin D: 0.46µg (3.06%)