



Salad-Topped Taco Pizza

READY IN



32 min.

SERVINGS



8

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 1 lb extra-lean ground beef
- 1 ready-to-use baked pizza crust
- 2 Tbsp classic ranch dressing kraft
- 2 cups torn salad greens mixed loosely packed
- 1 cup taco bellâ® & chunky salsa thick
- 1 large tomatoes sliced

Equipment

frying pan

oven

Directions

Heat oven to 400F.

Brown meat in large skillet; drain. Return meat to skillet; stir in salsa.

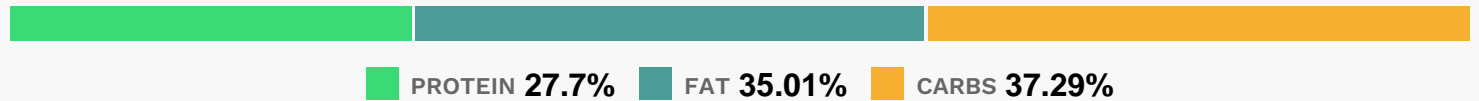
Spread onto pizza crust; top with cheese and tomatoes.

Place directly on oven rack.

Bake 10 to 12 min. or until crust is golden brown and cheese is melted.

Top with salad greens; drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:10.628260923469%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 301.55kcal (15.08%), Fat: 11.67g (17.95%), Saturated Fat: 5.39g (33.67%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 26.36g (9.58%), Sugar: 2.81g (3.12%), Cholesterol: 50.25mg (16.75%), Sodium: 643.02mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.55%), Vitamin B12: 1.43µg (23.77%), Zinc: 3.54mg (23.57%), Selenium: 14.33µg (20.47%), Phosphorus: 203.69mg (20.37%), Vitamin B3: 3.68mg (18.39%), Iron: 2.99mg (16.61%), Calcium: 163.69mg (16.37%), Vitamin B6: 0.32mg (15.83%), Vitamin A: 602.07IU (12.04%), Potassium: 364.42mg (10.41%), Vitamin B2: 0.18mg (10.39%), Vitamin K: 8.7µg (8.28%), Vitamin C: 6.05mg (7.34%), Fiber: 1.61g (6.42%), Magnesium: 24.95mg (6.24%), Vitamin E: 0.87mg (5.78%), Vitamin B5: 0.55mg (5.5%), Copper: 0.09mg (4.43%), Manganese: 0.09mg (4.3%), Folate: 14.36µg (3.59%), Vitamin B1: 0.05mg (3.38%)