



Santa Fe Foldover (Cooking for 2)

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baking mix bisquick heart smart®
- ☐ 2 tablespoons cornmeal
- ☐ 0.3 cup water hot
- ☐ 1 cup black beans canned rinsed drained
- ☐ 0.3 cup salsa thick
- ☐ 2 tablespoons spring onion sliced (2 medium)
- ☐ 1 oz colby cheese shredded reduced-fat
- ☐ 0.5 cup lettuce shredded

- ☐ 0.3 cup tomatoes chopped
- ☐ 3 tablespoons cream fat-free sour

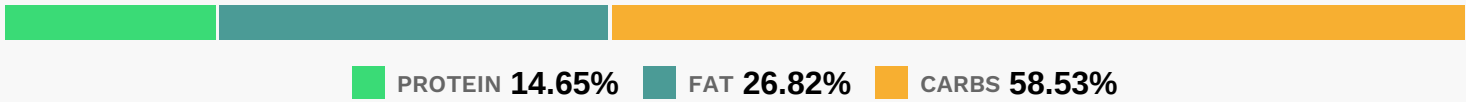
Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 375°F. Spray 12-inch pizza pan with cooking spray.
- ☐ In small bowl, stir Bisquick® mix, cornmeal and very hot water until soft dough forms.
- ☐ Place on surface sprinkled with Bisquick mix, gently rolling to coat. Shape into ball; knead about 5 times or until smooth.
- ☐ Roll dough into 10-inch circle; fold into fourths. Unfold on pizza pan. In small bowl, stir together beans and salsa; spread over dough to within 2 inches of edge.
- ☐ Sprinkle with onions. Fold edge over.
- ☐ Sprinkle cheese over beans.
- ☐ Bake 25 to 28 minutes or until crust is golden brown and cheese is melted. Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:66.83, Glycemic Load:5.78, Inflammation Score:-7, Nutrition Score:14.910434696985%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 332.91kcal (16.65%), Fat: 10.01g (15.4%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 49.13g (16.38%), Net Carbohydrates: 41.71g (15.17%), Sugar: 6.73g (7.47%), Cholesterol: 10.86mg (3.62%), Sodium: 778.4mg (33.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.6%), Phosphorus: 400.95mg (40.1%), Folate: 150.39µg (37.6%), Fiber: 7.42g (29.69%), Vitamin B1: 0.42mg (27.96%), Manganese: 0.51mg (25.37%), Calcium: 182.59mg (18.26%), Magnesium: 68.92mg (17.23%), Vitamin B2: 0.29mg (16.87%), Iron: 2.86mg (15.88%), Vitamin K: 16.56µg (15.77%), Vitamin B3: 2.75mg (13.73%), Potassium: 459.41mg (13.13%), Copper: 0.24mg (12.07%), Zinc: 1.56mg (10.4%), Vitamin A: 506.27IU (10.13%), Vitamin B6: 0.19mg (9.54%), Selenium: 6.39µg (9.13%), Vitamin B5: 0.64mg (6.39%), Vitamin C: 4.03mg (4.88%), Vitamin B12: 0.27µg (4.51%), Vitamin E: 0.59mg (3.92%)