



Skillet Tortilla Pizza

 Popular

READY IN



10 min.

SERVINGS



1

CALORIES



898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving flour tortillas (8 inch diameter)
- ☐ 1 oz mozzarella cheese grated
- ☐ 1 serving tomato sauce
- ☐ 1 serving basil leaves fresh thinly sliced
- ☐ 1 serving meat from a rotisserie chicken
- ☐ 1 serving beef
- ☐ 1 serving fatty pork
- ☐ 1 serving fish and seafood

☐ 1 serving pasta and noodles

Equipment

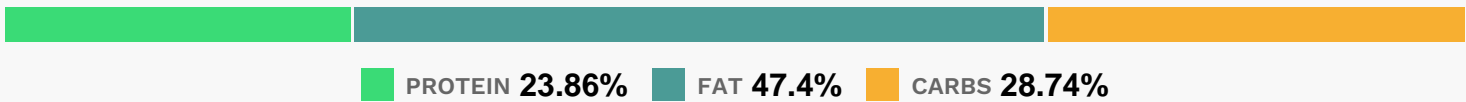
☐ frying pan

☐ knife

Directions

- ☐ Heat a large cast iron skillet or griddle on medium high to high heat.
- ☐ Place a flour tortilla in the center of the skillet.
- ☐ When the tortillas begins to puff up or form air bubbles, flip it and turn the heat down to medium low. Pierce the air bubbles with a knife tip or the tines of a fork to deflate them a bit.
- ☐ Add toppings:
- ☐ Sprinkle the top of the tortilla with a thin layer of grated mozzarella cheese. Once the cheese is about half-way melted, spoon on a thin layer of tomato sauce, using the back of the spoon to spread over the cheese.
- ☐ Sprinkle the top of the tomato sauce with a little more cheese.
- ☐ Remove from heat and cover to melt cheese: Once the edges of the tortilla are browning, indicating that the bottom of the tortilla is getting nice and brown, remove the pan from the heat.
- ☐ Cover the top of the pan with a cover for about a minute or so, so the cheese on top can melt with the residual heat from the pan.
- ☐ Sprinkle with fresh sliced basil.
- ☐ Remove to a plate and cut with a pizza cutting wheel or sharp knife.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:218, Glycemic Load:23.79, Inflammation Score:-8, Nutrition Score:32.18956526466%

Nutrients (% of daily need)

Calories: 897.81kcal (44.89%), Fat: 46.83g (72.04%), Saturated Fat: 17.81g (111.3%), Carbohydrates: 63.88g (21.29%), Net Carbohydrates: 59.17g (21.52%), Sugar: 7.07g (7.85%), Cholesterol: 171.28mg (57.09%), Sodium: 1124.26mg (48.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.04g (106.08%), Selenium: 79.88µg (114.12%), Vitamin B3: 14.58mg (72.89%), Phosphorus: 628.89mg (62.89%), Zinc: 7.27mg (48.49%), Vitamin B6: 0.9mg (44.98%), Manganese: 0.85mg (42.41%), Vitamin B12: 2.48µg (41.31%), Vitamin B2: 0.58mg (34.31%), Iron: 5.74mg (31.9%), Calcium: 304.15mg (30.42%), Potassium: 994.35mg (28.41%), Magnesium: 100.2mg (25.05%), Vitamin B1: 0.35mg (23.26%), Copper: 0.46mg (22.8%), Vitamin B5: 2.22mg (22.16%), Vitamin A: 1071.93IU (21.44%), Fiber: 4.71g (18.85%), Vitamin E: 2.73mg (18.21%), Folate: 69.37µg (17.34%), Vitamin K: 17.8µg (16.95%), Vitamin C: 10.68mg (12.94%), Vitamin D: 0.5µg (3.35%)