



## Sloppy Joe Pizza

READY IN



20 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground beef
- 3 tablespoons taco seasoning
- 1 uncook pizza crust ready-to-serve
- 0.3 cup black bean garlic sauce
- 1 cup monterrey jack cheese shredded with jalapeño peppers (4 ounces)
- 1 serving guacamole

### Equipment

- frying pan

baking sheet

oven

## Directions

Heat oven to 425°. Cook beef in 10-inch nonstick skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in taco seasoning mix.

Place pizza crust on ungreased cookie sheet.

Spread evenly with bean dip. Spoon beef over bean layer.

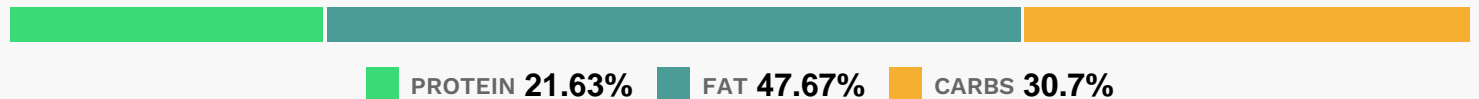
Sprinkle with cheese.

Bake 8 to 10 minutes or until cheese is melted.

Cut into wedges.

Serve with salsa and guacamole.

## Nutrition Facts



## Properties

Glycemic Index:11.17, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:9.5260869497838%

## Nutrients (% of daily need)

Calories: 461.78kcal (23.09%), Fat: 24.22g (37.27%), Saturated Fat: 10.9g (68.12%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 33.1g (12.04%), Sugar: 2.83g (3.14%), Cholesterol: 70.44mg (23.48%), Sodium: 614.91mg (26.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.45%), Vitamin B12: 1.77µg (29.57%), Zinc: 3.73mg (24.84%), Calcium: 214.12mg (21.41%), Iron: 3.75mg (20.85%), Phosphorus: 203.15mg (20.32%), Selenium: 14.07µg (20.1%), Vitamin B3: 3.22mg (16.08%), Vitamin B6: 0.26mg (12.97%), Vitamin B2: 0.19mg (10.91%), Fiber: 1.99g (7.97%), Potassium: 220.18mg (6.29%), Vitamin A: 262.33IU (5.25%), Magnesium: 17.99mg (4.5%), Vitamin B5: 0.42mg (4.21%), Copper: 0.05mg (2.62%), Vitamin E: 0.36mg (2.42%), Vitamin B1: 0.04mg (2.36%), Folate: 8.82µg (2.2%), Vitamin K: 1.87µg (1.78%), Vitamin D: 0.19µg (1.26%)