



Sloppy Joe Pizza

READY IN



20 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

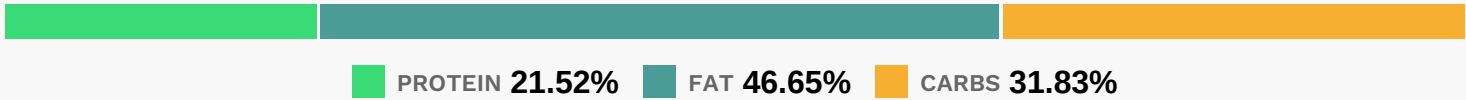
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 42
- ☐ 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:4.5, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:10.679130466088%

Nutrients (% of daily need)

Calories: 470.79kcal (23.54%), Fat: 24.26g (37.32%), Saturated Fat: 10.9g (68.14%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 34.68g (12.61%), Sugar: 4.05g (4.5%), Cholesterol: 70.44mg (23.48%), Sodium: 824.81mg (35.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.36%), Vitamin B12: 1.77µg (29.57%), Zinc: 3.79mg (25.26%), Calcium: 223.06mg (22.31%), Iron: 3.89mg (21.59%), Phosphorus: 213.31mg (21.33%), Selenium: 14.36µg (20.51%), Vitamin B3: 3.57mg (17.86%), Vitamin B6: 0.32mg (15.77%), Vitamin B2: 0.2mg (11.5%), Fiber: 2.56g (10.23%), Potassium: 301.93mg (8.63%), Vitamin A: 415.69IU (8.31%), Magnesium: 22.74mg (5.68%), Vitamin E: 0.75mg (5%), Vitamin B5: 0.48mg (4.84%), Copper: 0.07mg (3.65%), Vitamin B1: 0.05mg (3.1%), Vitamin K: 3.18µg (3.02%), Folate: 9.96µg (2.49%), Manganese: 0.05mg (2.29%), Vitamin C: 1.17mg (1.42%), Vitamin D: 0.19µg (1.26%)