



Southwest Pizza

READY IN



10 min.

SERVINGS



4

CALORIES



2173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz seasoned black beans drained canned
- ☐ 0.5 cup regular corn canned drained
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup picante sauce
- ☐ 12 inch prebaked pizza crust
- ☐ 1.5 cups mexican four-cheese blend shredded

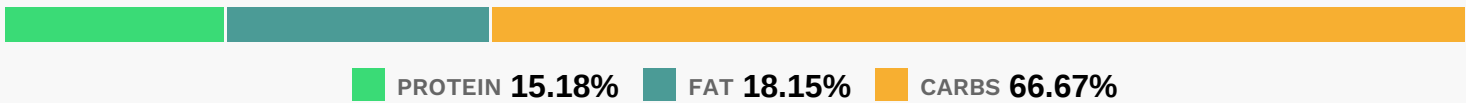
Equipment

- ☐ oven

Directions

- ☐ Spread crust evenly with picante sauce.
- ☐ Sprinkle with beans, corn, and, if desired, jalapeo peppers.
- ☐ Sprinkle with cheese.
- ☐ Bake at 450 for 12 to 14 minutes or until cheese is melted and bubbly.
- ☐ Sprinkle evenly with cilantro.
- ☐ *1 (7-oz.) package shredded chipotle Cheddar cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:4.79, Inflammation Score:-6, Nutrition Score:24.506086862606%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 2172.69kcal (108.63%), Fat: 43.72g (67.26%), Saturated Fat: 22.73g (142.08%), Carbohydrates: 361.49g (120.5%), Net Carbohydrates: 340.81g (123.93%), Sugar: 13.24g (14.71%), Cholesterol: 39.9mg (13.3%), Sodium: 4308.86mg (187.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 82.29g (164.57%), Iron: 21.25mg (118.08%), Calcium: 941.03mg (94.1%), Fiber: 20.68g (82.74%), Folate: 172.52µg (43.13%), Phosphorus: 361.76mg (36.18%), Manganese: 0.57mg (28.47%), Magnesium: 96.99mg (24.25%), Vitamin B1: 0.3mg (19.69%), Zinc: 2.64mg (17.62%), Potassium: 607.76mg (17.36%), Copper: 0.28mg (14.15%), Vitamin A: 662.64IU (13.25%), Vitamin B2: 0.22mg (13.03%), Selenium: 8.17µg (11.67%), Vitamin B6: 0.21mg (10.74%), Vitamin B12: 0.52µg (8.61%), Vitamin B3: 1.47mg (7.35%), Vitamin K: 6.88µg (6.55%), Vitamin E: 0.92mg (6.15%), Vitamin B5: 0.5mg (4.99%), Vitamin C: 1.82mg (2.21%), Vitamin D: 0.21µg (1.4%)