



Southwestern Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings black bean salsa
- 2 cups meat from a rotisserie chicken cooked chopped
- 4 servings garnishes: cream sour chopped
- 8 10-inch flour tortillas ()
- 1 cup chunky picante sauce thick
- 8 ounce mexican four-cheese blend shredded

Equipment

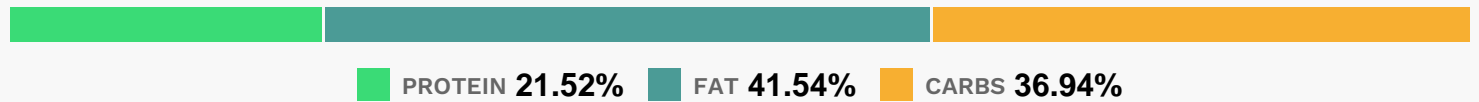
- frying pan

oven

Directions

- Top 4 flour tortillas evenly with 1 cup cheese; top with remaining flour tortillas. Divide picante sauce, Black Bean Salsa, chicken, and remaining 1 cup cheese over flour tortillas.
- Bake at 400 for 15 minutes, or until cheese is bubbly.
- Garnish, if desired.
- *2 (5-ounce) cans refrigerated corn sticks may be substituted for tortillas. Unroll and press perforations to seal into a lightly greased jellyroll pan to create a rectangular crust.
- Bake at 375 on lower oven rack 10 minutes.
- Add toppings, and bake 15 more minutes. Makes 8 pieces.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:21.85, Inflammation Score:-8, Nutrition Score:29.488260730453%

Nutrients (% of daily need)

Calories: 819.42kcal (40.97%), Fat: 37.55g (57.77%), Saturated Fat: 18.46g (115.36%), Carbohydrates: 75.13g (25.04%), Net Carbohydrates: 69g (25.09%), Sugar: 8.92g (9.91%), Cholesterol: 123.31mg (41.1%), Sodium: 1857.54mg (80.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.76g (87.52%), Selenium: 57.98µg (82.83%), Phosphorus: 700.64mg (70.06%), Vitamin B3: 12.51mg (62.53%), Calcium: 614.55mg (61.45%), Vitamin B1: 0.79mg (52.43%), Vitamin B2: 0.73mg (42.76%), Manganese: 0.79mg (39.48%), Iron: 6.57mg (36.51%), Folate: 145.67µg (36.42%), Vitamin B6: 0.52mg (26.19%), Zinc: 3.68mg (24.52%), Fiber: 6.13g (24.51%), Vitamin A: 934.85IU (18.7%), Magnesium: 70.47mg (17.62%), Potassium: 565.44mg (16.16%), Vitamin B12: 0.92µg (15.41%), Vitamin K: 14.71µg (14.01%), Vitamin B5: 1.22mg (12.21%), Copper: 0.24mg (12.18%), Vitamin E: 1.07mg (7.15%), Vitamin D: 0.52µg (3.49%), Vitamin C: 1.33mg (1.61%)