



Taco Cornbread Pizza

READY IN



25 min.

SERVINGS



25

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8.5 oz corn muffin mix
- 1 lb ground beef lean
- 8 oz cheddar cheese shredded divided kraft
- 1 oz taco bellâ® taco seasoning mix

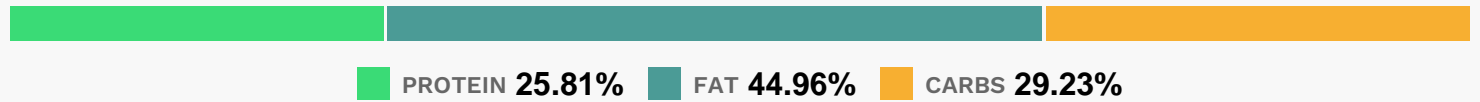
Equipment

- oven
- pizza pan

Directions

- Heat oven to 400F.
- Prepare corn muffin batter as directed on package; spread onto bottom of 12-inch pizza pan sprayed with cooking spray.
- Bake 8 to 10 min. or until lightly browned. Meanwhile, cook meat with seasoning mix as directed on package.
- Sprinkle 1 cup cheese over crust; top with meat mixture and remaining cheese.
- Bake 4 to 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:1.08, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.0339130357556%

Nutrients (% of daily need)

Calories: 104.29kcal (5.21%), Fat: 5.17g (7.95%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.72g (2.44%), Sugar: 2.2g (2.45%), Cholesterol: 20.51mg (6.84%), Sodium: 241.54mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.35%), Phosphorus: 124.61mg (12.46%), Selenium: 6.26µg (8.95%), Zinc: 1.31mg (8.74%), Vitamin B12: 0.51µg (8.52%), Calcium: 71.26mg (7.13%), Vitamin B3: 1.32mg (6.62%), Vitamin B2: 0.1mg (5.61%), Vitamin B6: 0.09mg (4.49%), Iron: 0.76mg (4.24%), Vitamin A: 208.36IU (4.17%), Vitamin B1: 0.05mg (3.42%), Fiber: 0.84g (3.36%), Folate: 11.78µg (2.94%), Potassium: 80.65mg (2.3%), Magnesium: 8.75mg (2.19%), Vitamin B5: 0.2mg (2%), Manganese: 0.03mg (1.65%), Copper: 0.03mg (1.26%)