


 **2%**  
HEALTH SCORE

# Taco Pan Pizza

READY IN  
  
**25 min.**

SERVINGS  
  
**8**

CALORIES  
  
**321 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 medium avocado ripe cubed peeled
- 0.5 teaspoon chili powder
- 2 tablespoons cilantro leaves fresh minced
- 0.3 cup spring onion chopped
- 0.3 teaspoon ground cumin
- 1 jalapeno seeded chopped
- 2 teaspoons juice of lime
- 0.3 cup mayonnaise
- 0.3 cup olives ripe sliced

- 13.8 ounces pizza dough refrigerated
- 0.3 teaspoon salt
- 4 ounces cheddar cheese shredded
- 0.5 cup cream sour
- 1 teaspoon sugar
- 2 medium tomatoes chopped

## Equipment

- bowl
- oven
- wire rack
- baking pan

## Directions

- Unroll pizza dough and place in a greased 15-in. x 10-in. x 1-in. baking pan; flatten dough and build up edges slightly. Prick dough several times with a fork.
- Bake at 425° for 10–11 minutes or until lightly browned. Cool on a wire rack.
- Meanwhile, in a bowl, combine the sour cream, mayonnaise, cilantro, jalapeno, sugar, chili powder, salt and cumin.
- Spread over cooled crust. Toss avocado with lime juice; arrange over sour cream mixture.
- Sprinkle with tomatoes, onions, olives and cheese. Refrigerate until serving.
- Cut into squares.

## Nutrition Facts



**PROTEIN 10.29%** **FAT 54.62%** **CARBS 35.09%**

## Properties

Glycemic Index:37.39, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:7.5143478072208%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 321.22kcal (16.06%), Fat: 19.99g (30.75%), Saturated Fat: 5.99g (37.47%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 25.73g (9.36%), Sugar: 5.43g (6.03%), Cholesterol: 25.87mg (8.62%), Sodium: 669.83mg (29.12%), Alcohol: 0g (100%), Protein: 8.48g (16.95%), Vitamin K: 30.81µg (29.35%), Fiber: 3.16g (12.64%), Calcium: 121.44mg (12.14%), Vitamin C: 9.93mg (12.03%), Vitamin A: 599.22IU (11.98%), Iron: 1.8mg (10%), Phosphorus: 98.16mg (9.82%), Vitamin E: 1.43mg (9.54%), Folate: 31.01µg (7.75%), Potassium: 247.51mg (7.07%), Vitamin B2: 0.12mg (6.79%), Vitamin B6: 0.12mg (5.95%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.73mg (4.85%), Magnesium: 17.79mg (4.45%), Selenium: 3.08µg (4.41%), Manganese: 0.09mg (4.39%), Copper: 0.09mg (4.32%), Vitamin B3: 0.72mg (3.61%), Vitamin B12: 0.22µg (3.6%), Vitamin B1: 0.04mg (2.66%)