



Taco Pizza

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 25 ounce roll dough frozen thawed
- 1 pound ground beef
- 24 servings toppings: lettuce shredded sour chopped
- 1 tablespoon olive oil
- 24 servings roasted garlic sauce
- 1.3 ounce taco seasoning
- 24 servings zesty tomato sauce or

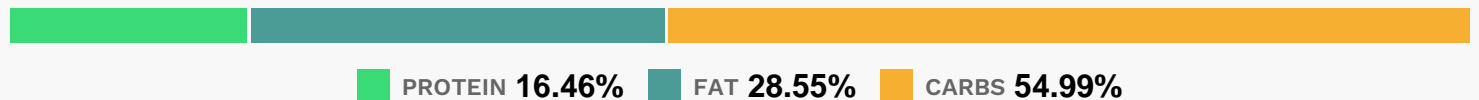
Equipment

grill

Directions

- Cook ground beef and taco seasoning mix according to package directions; drain, if necessary. Set aside.
- Roll each piece of dough into a 1/4-inch-thick round on a lightly floured surface.
- Brush 1 side of each round with olive oil, and place, oiled side down, on a grill rack.
- Grill, without grill lid, over medium-high heat (350 to 400°F)
- to 3 minutes or until light grill marks appear on bottoms.
- Brush tops with oil; turn.
- Spread with desired sauce, and add ground beef mixture.
- Sprinkle with desired toppings, and cook until cheese melts.
- * 1 (25-ounce) package frozen bread dough, thawed, may be substituted to make larger pizzas.
- Cut each loaf in half.
- Roll each portion into a 1/4-inch-thick round, and grill as directed.

Nutrition Facts



Properties

Glycemic Index:4.46, Glycemic Load:2.88, Inflammation Score:-7, Nutrition Score:10.222608644029%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 177.5kcal (8.87%), Fat: 5.74g (8.82%), Saturated Fat: 1.6g (10%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 21.04g (7.65%), Sugar: 6.42g (7.13%), Cholesterol: 13.42mg (4.47%), Sodium: 860.75mg (37.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Vitamin K: 25.62µg (24.4%), Vitamin A: 1115.99IU

(22.32%), Potassium: 552.38mg (15.78%), Vitamin C: 12.67mg (15.35%), Fiber: 3.82g (15.29%), Manganese: 0.29mg (14.72%), Vitamin E: 2.09mg (13.92%), Vitamin B6: 0.26mg (12.78%), Iron: 2.06mg (11.45%), Vitamin B3: 2.14mg (10.72%), Folate: 38.25µg (9.56%), Copper: 0.18mg (9.18%), Phosphorus: 85.33mg (8.53%), Zinc: 1.23mg (8.19%), Vitamin B2: 0.13mg (7.83%), Magnesium: 28.57mg (7.14%), Vitamin B12: 0.4µg (6.74%), Selenium: 4.09µg (5.84%), Vitamin B5: 0.57mg (5.72%), Vitamin B1: 0.08mg (5.33%), Calcium: 42.01mg (4.2%)