



Taco Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup refried black beans canned
- 6 servings flour all-purpose for sprinkling
- 0.3 cup cilantro leaves fresh
- 1 juice of lime
- 6 servings kosher salt
- 6 servings olive oil extra-virgin for brushing
- 0.3 cup jalapeño peppers sliced
- 1 pound pizza dough store-bought
- 6 servings romaine lettuce thinly sliced for topping

- 0.5 cup salsa store-bought
- 3 scallions finely chopped
- 1.5 cups sharp cheddar cheese grated
- 0.3 cup cup heavy whipping cream sour
- 6 servings tomatoes diced for topping

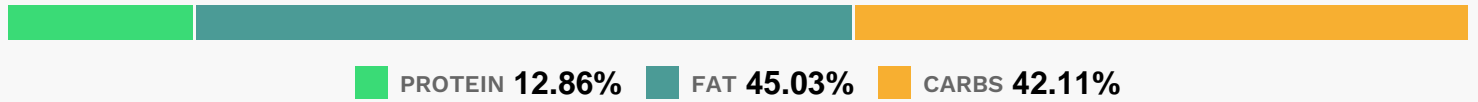
Equipment

- bowl
- baking sheet
- oven
- pizza stone

Directions

- Place a pizza stone or upside-down baking sheet on the bottom rack of the oven and preheat to 450 degrees F.
- Roll out the pizza dough on a lightly floured work surface into an 11-inch round.
- Transfer to a parchment-covered pizza peel or another upside-down baking sheet.
- Brush the dough with olive oil, then spread the refried beans on top, leaving a 1/2-inch border. Spoon the salsa over the beans and sprinkle with the cheese. Scatter the scallions and jalapenos on top. Slide the pizza and parchment onto the hot stone and bake until the crust is crisp, 8 to 10 minutes.
- Let cool a few minutes.
- While the pizza is baking, combine the sour cream, half of the lime juice and 1 tablespoon water in a small bowl. In another bowl, toss the lettuce, tomato, and lime juice to taste; season with salt.
- Top the pizza with the salad, then drizzle with the sour cream mixture and sprinkle with the cilantro.
- Cut into slices.
- Per serving (based on 4 servings; not including optional toppings): Calories 564; Total Fat 24 grams; Saturated Fat 12 grams; Protein 23 grams; Total Carbohydrate 66 grams; Sugar: 9 grams; Fiber 4 grams; Cholesterol 51 milligrams; Sodium 1579 milligrams

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:26.360434775767%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 557.63kcal (27.88%), Fat: 28.73g (44.19%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 60.43g (20.14%), Net Carbohydrates: 52.54g (19.11%), Sugar: 12.05g (13.39%), Cholesterol: 33.9mg (11.3%), Sodium: 1182.73mg (51.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.91%), Vitamin A: 9554.6IU (191.09%), Vitamin K: 126.77µg (120.74%), Folate: 201.28µg (50.32%), Vitamin C: 31.93mg (38.71%), Fiber: 7.88g (31.54%), Calcium: 275.48mg (27.55%), Manganese: 0.53mg (26.61%), Phosphorus: 254.76mg (25.48%), Iron: 4.59mg (25.48%), Vitamin E: 3.72mg (24.77%), Potassium: 847.53mg (24.22%), Vitamin B1: 0.26mg (17.62%), Vitamin B2: 0.3mg (17.49%), Selenium: 11.76µg (16.79%), Magnesium: 62.86mg (15.72%), Vitamin B6: 0.3mg (15.2%), Zinc: 1.96mg (13.05%), Copper: 0.24mg (12.21%), Vitamin B3: 2.22mg (11.11%), Vitamin B5: 0.6mg (5.96%), Vitamin B12: 0.32µg (5.33%), Vitamin D: 0.17µg (1.13%)