



## Taco Pizza

 Popular

READY IN



**35 min.**

SERVINGS



**1**

CALORIES



**2578 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup cheddar cheese grated
- ☐ 1 handful cilantro leaves
- ☐ 0.5 pound ground beef
- ☐ 2 cups lettuce shredded
- ☐ 1 cup monterrey jack cheese grated
- ☐ 1 pizza dough
- ☐ 1 cup your favourite salsa
- ☐ 1 serving cup heavy whipping cream sour to taste

- ☐ 1 tablespoon taco seasoning or store bought
- ☐ 1 large tomatoes diced ripe
- ☐ 0.3 cup water

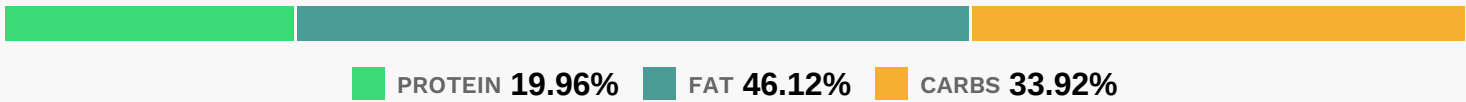
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Brown the meat in a pan and drain the grease.
- ☐ Add the taco seasoning and water and simmer until the liquid has evaporated.
- ☐ Spread the pizza dough out on the baking sheet and top with the salsa ranchera, seasoned ground beef and cheese.
- ☐ Bake in a preheated 500F oven until the cheese is bubbling and the edges are golden brown, about 5-10 minutes.
- ☐ Let cool a bit and top with the lettuce, tomato, cilantro and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:156, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:62.050869444142%

## Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

## Nutrients (% of daily need)

Calories: 2578.15kcal (128.91%), Fat: 133.55g (205.46%), Saturated Fat: 65.04g (406.47%), Carbohydrates: 221.02g (73.67%), Net Carbohydrates: 205.98g (74.9%), Sugar: 43.62g (48.47%), Cholesterol: 381.68mg (127.23%), Sodium: 6335.22mg (275.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 130.08g (260.16%), Calcium: 1816.21mg (181.62%), Phosphorus: 1544.32mg (154.43%), Selenium: 85.35µg (121.92%), Vitamin A: 6067.38IU (121.35%), Zinc: 18.13mg (120.85%), Vitamin B12: 7.01µg (116.91%), Iron: 18.37mg (102.07%), Vitamin B2: 1.46mg (85.59%), Vitamin B6: 1.57mg (78.72%), Vitamin K: 82.2µg (78.29%), Vitamin B3: 13.98mg (69.88%), Potassium: 2131.91mg (60.91%), Fiber: 15.04g (60.16%), Vitamin E: 6.63mg (44.21%), Vitamin C: 36.22mg (43.9%), Magnesium: 171.51mg (42.88%), Manganese: 0.75mg (37.3%), Folate: 142.61µg (35.65%), Vitamin B5: 2.72mg (27.24%), Copper: 0.54mg (27.24%), Vitamin B1: 0.37mg (24.65%), Vitamin D: 1.58µg (10.55%)