



Taco Pizza

READY IN



25 min.

SERVINGS



25

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 lb ground beef lean
- 1 cup lettuce shredded loosely packed
- 1 ready-to-use baked pizza crust
- 10.8 oz taco bellâ® crunchy taco dinner kit
- 1 large tomatoes chopped

Equipment

- oven

Directions

- Heat oven to 400F.
- Cook meat with Taco Seasoning
- Mix as directed on package.
- Spread onto pizza crust; top with cheese.
- Place directly on oven rack.
- Bake 8 to 10 min. or until crust is golden brown and cheese is melted.
- Top with lettuce and tomatoes. Crush Taco Shells; sprinkle over pizza.
- Drizzle with Salsa.

Nutrition Facts

 **PROTEIN 28.56%**  **FAT 45.83%**  **CARBS 25.61%**

Properties

Glycemic Index:3.88, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:4.1265216858491%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 131.85kcal (6.59%), Fat: 6.66g (10.24%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 8.01g (2.91%), Sugar: 0.65g (0.72%), Cholesterol: 27.35mg (9.12%), Sodium: 200.18mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Calcium: 129.57mg (12.96%), Phosphorus: 112.34mg (11.23%), Vitamin B12: 0.6µg (10.07%), Zinc: 1.47mg (9.82%), Selenium: 6.27µg (8.95%), Iron: 0.97mg (5.41%), Vitamin B3: 1.06mg (5.3%), Vitamin B2: 0.09mg (5.29%), Vitamin B6: 0.09mg (4.44%), Vitamin A: 200.72IU (4.01%), Potassium: 97.93mg (2.8%), Magnesium: 9.26mg (2.32%), Vitamin B5: 0.17mg (1.75%), Vitamin K: 1.74µg (1.65%), Fiber: 0.36g (1.44%), Folate: 5.37µg (1.34%), Vitamin C: 1.08mg (1.31%), Copper: 0.02mg (1.18%), Vitamin E: 0.16mg (1.06%), Vitamin B1: 0.02mg (1.03%)