



Taco Pizzas

READY IN



30 min.

SERVINGS



6

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz regular corn mexican-style rinsed drained canned
- 10 oz canned tomatoes diced green canned
- 6 oz colby-monterey jack cheese blend shredded
- 0.3 cup cilantro leaves fresh chopped
- 6 servings toppings: green onions shredded sour sliced
- 1 pound ground pork
- 24 oz prebaked pizza crust
- 16 oz refried beans fat-free canned
- 1.3 oz 0%-less-sodium taco seasoning mix

0.7 cup water

Equipment

frying pan

baking sheet

paper towels

oven

Directions

Cook pork in a large skillet over medium-high heat 5 minutes, stirring until meat crumbles and is no longer pink; drain well on paper towels. Wipe out skillet with a paper towel. Return pork to skillet; stir in taco seasoning mix and 2/3 cup water; cook according to package directions on seasoning mix.

Remove mixture from heat, and stir in chopped cilantro and next 3 ingredients.

Place pizza crusts on baking sheets.

Spread half of beans evenly over each crust, leaving a 1/4-inch border around edges. Top beans evenly with pork mixture.

Bake, 1 pizza at a time, at 400 for 8 to 10 minutes or until thoroughly heated and cheese melts.

Remove from oven, and let stand 5 minutes.

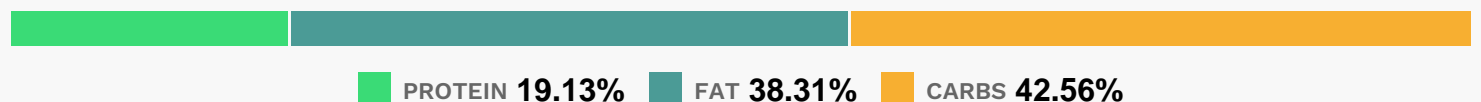
Serve with desired toppings.

*1 lb. ground chuck may be substituted for ground pork.

Note: For testing purposes only, we used Old El Paso 40% Less Sodium Taco Seasoning

Mix and Mama Mary's Gourmet Pizza Crusts.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:3.02, Inflammation Score:-7, Nutrition Score:17.47173926623%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 737.19kcal (36.86%), Fat: 31.16g (47.94%), Saturated Fat: 14.39g (89.91%), Carbohydrates: 77.89g (25.96%), Net Carbohydrates: 70.82g (25.75%), Sugar: 7.08g (7.87%), Cholesterol: 81.36mg (27.12%), Sodium: 1875.79mg (81.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35g (70%), Vitamin B1: 0.6mg (40.31%), Calcium: 355.46mg (35.55%), Selenium: 23.03µg (32.9%), Iron: 5.87mg (32.63%), Phosphorus: 300.82mg (30.08%), Fiber: 7.07g (28.28%), Vitamin A: 1110.28IU (22.21%), Vitamin B3: 4.33mg (21.64%), Vitamin B6: 0.39mg (19.37%), Vitamin B2: 0.32mg (18.95%), Zinc: 2.84mg (18.91%), Vitamin K: 17.76µg (16.91%), Potassium: 471.74mg (13.48%), Vitamin B12: 0.76µg (12.74%), Vitamin C: 9.73mg (11.79%), Magnesium: 38.54mg (9.63%), Folate: 34.35µg (8.59%), Copper: 0.16mg (7.96%), Vitamin B5: 0.7mg (7.04%), Manganese: 0.14mg (6.95%), Vitamin E: 0.72mg (4.8%), Vitamin D: 0.17µg (1.13%)