



Taco Quesadilla Pizzas



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olives black sliced
- ☐ 4 green onions sliced
- ☐ 0.5 pound ground beef
- ☐ 2 cups cheese such as cheddar and/or jack shredded
- ☐ 0.5 cup refried beans
- ☐ 0.8 cup salsa
- ☐ 1 tablespoon taco seasoning or homemade store bought
- ☐ 1 tomatoes diced

- ☐ 4 8-inch tortillas ()
- ☐ 0.3 cup water

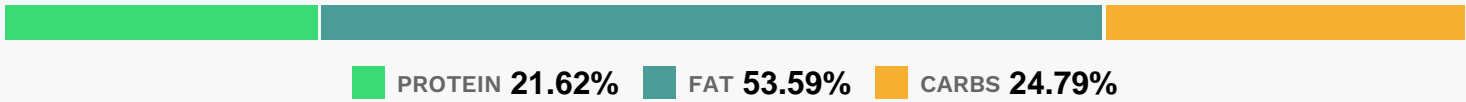
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Brown the meat in a pan over medium heat, drain the excess grease, mix in seasoning and water and simmer until most of the liquid is gone, about 10 minutes.
- ☐ Sprinkle 1 cup of the cheese evenly over two tortillas followed by the meat and the 1/4 cup of the salsa.
- ☐ Spread the refried beans over the remaining two tortillas and place them on top of the meat covered ones with the bean sides down.
- ☐ Place one of the taco quesadillas in a large pan and grill it over medium heat until the cheese has melted and the tortillas are lightly golden brown, about 2–4 minutes per side.
- ☐ Place the taco quesadilla on a large baking sheet and repeat for the remaining taco quesadilla.
- ☐ Spread the remaining salsa over the tops of the taco quesadillas, sprinkle on the cheese, black olives and green onions.Broil in a preheated oven until the cheese has melted, about 2 minutes. (Keep an eye on them so they do not burn!)

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:9.33, Inflammation Score:-7, Nutrition Score:21.586522029794%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol:

0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 561.41kcal (28.07%), Fat: 33.32g (51.27%), Saturated Fat: 16.74g (104.59%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 29.84g (10.85%), Sugar: 6.01g (6.68%), Cholesterol: 90.54mg (30.18%), Sodium: 1361.67mg (59.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.49%), Calcium: 543.94mg (54.39%), Phosphorus: 473.08mg (47.31%), Selenium: 28.62µg (40.88%), Vitamin K: 35.48µg (33.79%), Zinc: 4.53mg (30.23%), Vitamin B2: 0.48mg (28.2%), Vitamin B12: 1.68µg (28.04%), Vitamin B3: 5.5mg (27.52%), Iron: 4.16mg (23.08%), Vitamin A: 1143.52IU (22.87%), Vitamin B1: 0.33mg (21.68%), Fiber: 4.85g (19.41%), Folate: 76.44µg (19.11%), Vitamin B6: 0.38mg (18.84%), Manganese: 0.37mg (18.66%), Potassium: 496.05mg (14.17%), Magnesium: 49.8mg (12.45%), Vitamin C: 7.68mg (9.3%), Vitamin E: 1.36mg (9.06%), Copper: 0.17mg (8.63%), Vitamin B5: 0.62mg (6.23%), Vitamin D: 0.4µg (2.64%)