



Tex-Mex Pizza

READY IN



20 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper chopped
- ☐ 0.5 cup black beans canned ripe drained sliced
- ☐ 6 ounces monterrey jack cheese shredded
- ☐ 1 uncook pizza crust italian
- ☐ 0.3 pound pork sausage
- ☐ 8 ounces salsa

Equipment

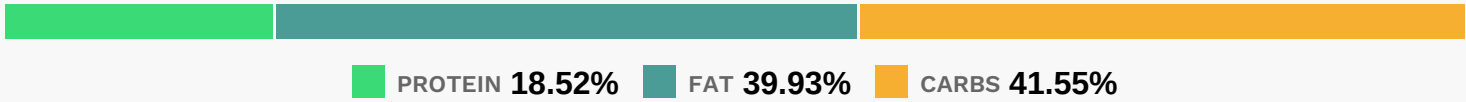
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Cook sausage in 8-inch skillet over medium heat, stirring occasionally, until no longer pink; drain.
- ☐ Sprinkle bread shell with 1 cup of the cheese. Top with salsa, sausage, bell pepper and beans.
- ☐ Sprinkle with remaining cheese.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 8 to 10 minutes or until pizza is hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:5.952173943105%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 277.76kcal (13.89%), Fat: 12.35g (18.99%), Saturated Fat: 6.47g (40.44%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 26.71g (9.71%), Sugar: 2.33g (2.58%), Cholesterol: 27.78mg (9.26%), Sodium: 718.95mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.77%), Calcium: 215.96mg (21.6%), Vitamin C: 12.75mg (15.45%), Vitamin A: 667.52IU (13.35%), Phosphorus: 117.51mg (11.75%), Iron: 1.95mg (10.85%), Fiber: 2.2g (8.78%), Vitamin B2: 0.11mg (6.64%), Zinc: 0.78mg (5.17%), Vitamin B6: 0.1mg (4.99%), Selenium: 3.49µg (4.98%), Potassium: 143.12mg (4.09%), Folate: 15.8µg (3.95%), Magnesium: 14.87mg (3.72%), Vitamin E: 0.55mg (3.66%), Manganese: 0.07mg (3.49%), Vitamin B12: 0.18µg (2.94%), Vitamin B3: 0.5mg (2.48%), Copper: 0.05mg (2.37%), Vitamin B1: 0.03mg (2.21%), Vitamin K: 2.18µg (2.07%), Vitamin B5: 0.15mg (1.51%)