



HEALTH SCORE

64%

Tortilla Pizza



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



1030 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoon cilantro leaves chopped for garnish
- ☐ 2 flour tortillas
- ☐ 1 tablespoon garlic chopped
- ☐ 2 pasilla peppers green
- ☐ 1 tablespoon hot sauce

- ☐ 0.5 cup jack cheese shredded
- ☐ 2 servings kosher salt
- ☐ 0.3 cup juice of lime
- ☐ 2 medium onions
- ☐ 2 roma tomatoes sliced
- ☐ 1 cup heavy whipping cream sour
- ☐ 1.5 pounds top round

Equipment

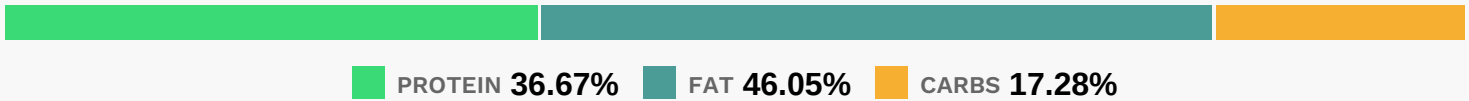
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 8 wooden or metal skewers (for Fajita Skewers)
- ☐ Preheat the oven to 375 degrees F.
- ☐ Put the tortillas on 2 baking sheets. Top each tortilla with the sliced tomatoes. Divide the beef and vegetables from the leftover Fajita Skewers over the tortillas.
- ☐ Sprinkle the cheese evenly over the top and bake in the oven until the cheese is melted and golden and the tortillas are crispy, about 10 minutes.
- ☐ Transfer to serving dishes and serve.
- ☐ In a large resealable bag, mix together the lime juice, garlic, hot sauce, canola oil and chili powder. Season with salt and pepper to taste.
- ☐ Remove 1 tablespoon of the marinade and set aside.

- ☐ Slice the peppers and onions into one inch square pieces.
- ☐ Place in the bag with the marinade. Slice the meat into thin strips against the grain and put into the bag with the marinade and vegetables and mix well to coat everything with the marinade.
- ☐ Place the bag in a large bowl incase it leaks and refrigerate for one and half hours.
- ☐ Mix the reserved marinade with the sour cream and refrigerate.
- ☐ If using wooden skewers soak in water for 30 minutes before threading on the beef and vegetables.
- ☐ Remove the meat and vegetables from the refrigerator and let come to room temperature, about 30 minutes. Thread the beef and vegetables onto the skewers. Each skewer should get 4 pieces each of the pepper and onion and 3 pieces of the beef, alternating as you thread them onto the skewer. Cook the skewers on a grill pan or outdoor grill over medium high heat until meat is medium rare, about 3 to 4 minutes a side.
- ☐ Garnish with the flavored sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:8.37, Inflammation Score:-10, Nutrition Score:55.964347958565%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 25.75mg, Quercetin: 25.75mg, Quercetin: 25.75mg, Quercetin: 25.75mg

Nutrients (% of daily need)

Calories: 1030.42kcal (51.52%), Fat: 52.81g (81.25%), Saturated Fat: 22.57g (141.06%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 37.26g (13.55%), Sugar: 15.25g (16.95%), Cholesterol: 300.51mg (100.17%), Sodium: 1087.42mg (47.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 94.63g (189.25%), Selenium: 125.54µg (179.34%), Vitamin C: 128.67mg (155.96%), Vitamin B6: 3mg (150.06%), Vitamin B3: 26.49mg (132.43%), Zinc: 17.63mg (117.56%), Phosphorus: 1130.67mg (113.07%), Vitamin B12: 5.07µg (84.48%), Vitamin A: 3132.21IU (62.64%),

Potassium: 2131.09mg (60.89%), Vitamin B2: 1.02mg (59.74%), Iron: 9.71mg (53.97%), Calcium: 514.96mg (51.5%), Vitamin B1: 0.67mg (44.73%), Magnesium: 150.48mg (37.62%), Manganese: 0.73mg (36.39%), Vitamin E: 5.13mg (34.22%), Folate: 134.83µg (33.71%), Copper: 0.65mg (32.36%), Vitamin K: 33.85µg (32.23%), Vitamin B5: 3.22mg (32.21%), Fiber: 7.34g (29.36%), Vitamin D: 0.17µg (1.13%)