



Veggie Taco Cornbread Pizza

READY IN



30 min.

SERVINGS



30

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz kidney beans rinsed canned
- 8.5 oz corn muffin mix
- 1 cup regular corn frozen
- 1 bell pepper red finely chopped
- 8 oz cheddar cheese shredded divided kraft
- 1.3 oz taco bellâ® taco seasoning mix
- 0.8 cup water

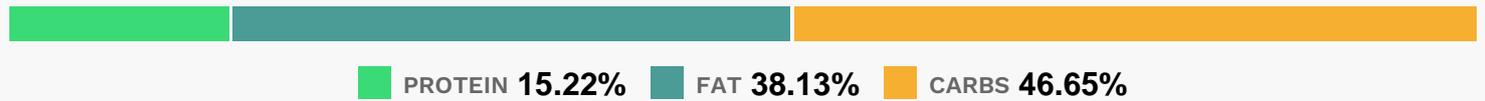
Equipment

- sauce pan
- oven
- pizza pan

Directions

- Heat oven to 400F.
- Prepare corn muffin batter as directed on package; spread into greased 12-inch pizza pan.
- Bake 8 to 10 min. or until lightly browned. Meanwhile, combine peppers, corn and beans in medium saucepan.
- Add seasoning mix and water; cook 10 min., stirring occasionally.
- Sprinkle 1 cup cheese onto crust; top with bean mixture and remaining cheese.
- Bake 4 to 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:3.4508695835653%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.54kcal (4.23%), Fat: 3.66g (5.62%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.33g (3.03%), Sugar: 2.31g (2.57%), Cholesterol: 7.72mg (2.57%), Sodium: 247.38mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Phosphorus: 94.74mg (9.47%), Vitamin C: 6.13mg (7.43%), Fiber: 1.73g (6.93%), Vitamin A: 320.21IU (6.4%), Calcium: 62.81mg (6.28%), Vitamin B2: 0.07mg (4.29%), Folate: 16.77µg (4.19%), Manganese: 0.08mg (4.02%), Selenium: 2.79µg (3.99%), Vitamin B1: 0.06mg (3.95%), Zinc: 0.46mg (3.07%), Iron: 0.52mg (2.91%), Magnesium: 10.52mg (2.63%), Vitamin B6: 0.05mg (2.41%), Vitamin B3: 0.47mg (2.37%), Potassium: 76.29mg (2.18%), Copper: 0.03mg (1.73%), Vitamin B12: 0.09µg (1.46%), Vitamin K: 1.36µg (1.29%), Vitamin B5: 0.12mg (1.17%)