

# Mexican Vegetable Pizza

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-pizza-with-pizza-crust>

## Ingredients:

- 1/2 onion small, chopped
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1 tablespoon water
- 15 ounces black beans rinsed and drained
- 1/4 cup green chilies canned diced
- 1 pizza crust prebaked 12-inch
- 1 cup salsa
- 1 cup reduced fat cheddar cheese shredded, divided
- 3/4 cup fresh tomatoes chopped
- 1/2 cup frozen corn thawed
- 1/2 cup green pepper chopped
- 3 tablespoons ripe olives sliced, drained
- 1/2 cup reduced-fat sour cream

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 520 milligrams
9. Sugar: 4 grams

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