

PROTEIN PIZZA

2 tortillas + tomato sauce + 60g mozzarella cheese

 4 portions

INGREDIENTS

- Protein Tortilla Mission - 2 units
- Tomato sauce - 2 tbsp
- Mozzarella, low moisture, part-skim, shredded (60g)

COOKING METHOD

- ^{1°} Place the tortillas directly on the stove, one at a time, to lightly toast them. This will help make them crispier. Carefully flip them to toast both sides. Remove them from the stove. Spread a thin layer of tomato sauce on each toasted tortilla. Sprinkle 30g of shredded cheese on top of each tortilla. You can use a low-fat cheese or a protein cheese option if you prefer. Preheat the microwave for about 30-40 seconds to warm it up. Place the tortillas with the tomato sauce and cheese in the microwave. Heat them for about 30 seconds or until the cheese is melted and bubbly.

NUTRITIONAL INFORMATION

	PER 100 g	PER 2 PORTIONS (83 g)	% DRI
ENERGY	197 kcal	164 kcal	8 %
FAT	11 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	5 g	4 g	22 %
CHOLESTEROL	23 mg	20 mg	7 %
SODIUM	665 mg	552 mg	23 %
CARBOHYDRATE	22 g	18 g	6 %
SUGARS	1 g	1 g	—
FIBER	15 g	12 g	49 %
PROTEIN	17 g	14 g	—