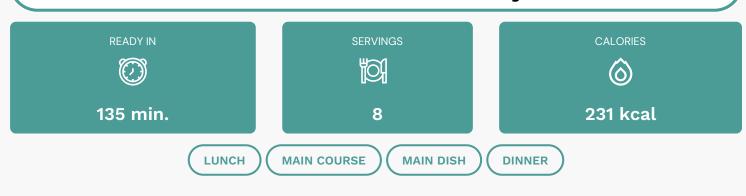


# **Bread Machine Chicken Fajita Pizza**



### **Ingredients**

0.5 cup water
1 tablespoon vegetable oil
O.8 cup flour whole wheat
O.8 cup flour all-purpose for flour
O.5 teaspoon salt
O.3 teaspoon sugar
1.3 teaspoons yeast dry quick
1 teaspoon vegetable oil

0.5 lb chicken breast boneless skinless cut into 1/8 to 1/4-inch strips

	1 medium bell pepper cut into 1/4-inch strips
	1 small onion sliced
	1 cup salsa thick
	2 teaspoons coriander leaves dried fresh chopped
	6 oz monterrey jack cheese shredded
Εq	uipment
	frying pan
	baking sheet
	oven
	pizza pan
	bread machine
Directions	
	Measure carefully, placing all crust ingredients in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle. Do not use delay cycles.
	Remove dough from pan, using lightly floured hands. Knead 5 minutes on lightly floured surface (if necessary, knead in enough flour to make dough easy to handle). Cover and let rest 10 minutes.
	Move oven rack to lowest position.
	Heat oven to 450°F. Grease large cookie sheet or 12-inch pizza pan. In 10-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 3 minutes, stirring occasionally. Stir in bell pepper and onion. Cook 3 to 4 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender; remove from heat. Stir in salsa.
	Pat dough into 12-inch round on cookie sheet; pinch edge, forming 1/2-inch rim.
	Spread chicken mixture over dough.
	Sprinkle with cilantro and cheese.
	Bake 12 to 15 minutes or until crust is golden brown and cheese is melted.

## **Nutrition Facts**

### **Properties**

Glycemic Index:28.89, Glycemic Load:6.96, Inflammation Score:-7, Nutrition Score:13.567826157031%

#### **Flavonoids**

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Vaercetin: 1.81mg, Quercetin: 1.81mg, Querce

#### **Nutrients** (% of daily need)

Calories: 231.46kcal (11.57%), Fat: 9.99g (15.37%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 18.73g (6.81%), Sugar: 2.54g (2.83%), Cholesterol: 37.07mg (12.36%), Sodium: 521.45mg (22.67%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 14.84g (29.68%), Selenium: 23.48µg (33.54%), Manganese: 0.61mg (30.61%), Vitamin C: 20.79mg (25.2%), Vitamin B3: 4.94mg (24.72%), Phosphorus: 226.78mg (22.68%), Vitamin B6: 0.4mg (19.93%), Calcium: 178.76mg (17.88%), Vitamin B1: 0.25mg (16.47%), Vitamin A: 796.4IU (15.93%), Vitamin B2: 0.23mg (13.7%), Folate: 52.6µg (13.15%), Fiber: 2.7g (10.8%), Magnesium: 39.22mg (9.81%), Zinc: 1.34mg (8.9%), Potassium: 309.29mg (8.84%), Iron: 1.45mg (8.05%), Vitamin B5: 0.76mg (7.57%), Vitamin K: 7.47µg (7.11%), Vitamin E: 1.01mg (6.76%), Copper: 0.11mg (5.48%), Vitamin B12: 0.23µg (3.89%), Vitamin D: 0.16µg (1.04%)