



Bread Machine Chicken Fajita Pizza

READY IN



135 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup water
- 1 tablespoon vegetable oil
- 0.8 cup flour whole wheat
- 0.8 cup flour all-purpose for flour
- 0.5 teaspoon salt
- 0.3 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

Equipment

- 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



■ PROTEIN 25.26% ■ FAT 38.26% ■ CARBS 36.48%

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, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

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: 0g (100%), Alcohol %: 0% (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%)