



Bread Machine Chicken Fajita Pizza

READY IN



135 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 teaspoons yeast dry quick
- 1 medium bell pepper cut into 1/4-inch strips
- 0.8 cup flour all-purpose for flour
- 0.8 cup flour whole wheat
- 6 oz monterrey jack cheese shredded
- 1 small onion sliced
- 1 cup salsa thick
- 0.5 teaspoon salt
- 0.5 lb chicken breast boneless skinless cut into 1/8 to 1/4-inch strips

- 0.3 teaspoon sugar
- 1 tablespoon vegetable oil
- 1 teaspoon vegetable oil
- 0.5 cup water

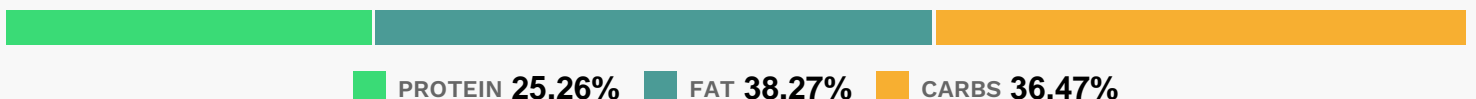
Equipment

- 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 450F. 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:13.52869569737%

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: 231.39kcal (11.57%), Fat: 9.99g (15.37%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 18.72g (6.81%), Sugar: 2.54g (2.83%), Cholesterol: 37.07mg (12.36%), Sodium: 521.39mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.66%), Selenium: 23.47µg (33.53%), Manganese: 0.61mg (30.53%), Vitamin C: 20.65mg (25.03%), Vitamin B3: 4.94mg (24.71%), Phosphorus: 226.66mg (22.67%), Vitamin B6: 0.4mg (19.92%), Calcium: 178.45mg (17.85%), Vitamin B1: 0.25mg (16.45%), Vitamin A: 794.93IU (15.9%), Vitamin B2: 0.23mg (13.68%), Folate: 52.54µg (13.13%), Fiber: 2.7g (10.79%), Magnesium: 39.05mg (9.76%), Zinc: 1.33mg (8.9%), Potassium: 308.18mg (8.81%), Iron: 1.44mg (7.99%), Vitamin B5: 0.76mg (7.57%), Vitamin K: 7.13µg (6.79%), Vitamin E: 1.01mg (6.76%), Copper: 0.11mg (5.46%), Vitamin B12: 0.23µg (3.89%), Vitamin D: 0.16µg (1.04%)