



Chicken Avocado Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



4678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado diced pitted peeled
- 1 pinch ground pepper
- 1 cup cherry tomatoes quartered
- 1 cup chicken breast strips/pre-cooked/chopped cooked chopped
- 1 tablespoon cilantro leaves fresh chopped
- 1 clove garlic peeled
- 1 tablespoon juice of lime fresh to taste
- 1 cup monterrey jack cheese shredded
- 1 tablespoon olive oil

- 28 inch uncook pizza crust
- 4 servings salt to taste

Equipment

- food processor
- baking sheet
- oven
- broiler
- pizza stone

Directions

- Preheat your oven's broiler. If you have a pizza stone, place it in the oven while it preheats.
- In a food processor, combine the avocados and cilantro. Puree while adding lime juice and salt to taste. Cover, and set aside.
- Slice the garlic clove in half, and rub the cut side onto the tops of the pizza crusts for flavor.
- Brush both sides of the crusts with olive oil.
- Spread the avocado mixture thickly over the top of each crust, then arrange chicken and tomatoes on top.
- Sprinkle with cheese, and season lightly with cayenne pepper.
- Place pizzas on a baking sheet if you do not have a pizza stone.
- Broil for about 5 minutes in the preheated oven, or until the cheese has just melted and the crust is lightly toasted.

Nutrition Facts



PROTEIN 14.06% **FAT 19.28%** **CARBS 66.66%**

Properties

Glycemic Index:40.25, Glycemic Load:0.86, Inflammation Score:-2, Nutrition Score:27.361304298691%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 4678.16kcal (233.91%), Fat: 99.96g (153.78%), Saturated Fat: 44.29g (276.82%), Carbohydrates: 777.79g (259.26%), Net Carbohydrates: 746.87g (271.59%), Sugar: 25.69g (28.55%), Cholesterol: 54.89mg (18.3%), Sodium: 8789.99mg (382.17%), Alcohol: 0g (100%), Protein: 164.01g (328.03%), Iron: 44.44mg (246.92%), Calcium: 1672.33mg (167.23%), Fiber: 30.92g (123.69%), Vitamin B3: 6.79mg (33.93%), Phosphorus: 269.71mg (26.97%), Vitamin B6: 0.53mg (26.58%), Vitamin K: 25.43µg (24.22%), Vitamin C: 19.95mg (24.18%), Folate: 93.22µg (23.3%), Selenium: 14.46µg (20.65%), Vitamin E: 2.98mg (19.86%), Potassium: 689.61mg (19.7%), Vitamin B5: 1.85mg (18.51%), Vitamin B2: 0.29mg (17.1%), Magnesium: 50.83mg (12.71%), Zinc: 1.91mg (12.71%), Copper: 0.25mg (12.44%), Vitamin A: 572.57IU (11.45%), Manganese: 0.21mg (10.28%), Vitamin B1: 0.11mg (7.47%), Vitamin B12: 0.35µg (5.89%), Vitamin D: 0.2µg (1.36%)