



Chicken Fajita Grilled Pizzas

READY IN



45 min.

SERVINGS



8

CALORIES



2184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 2 large bell peppers green
- 1.5 cups sauce traditional ragu® old world style®
- 24 inch prebaked pizza crusts
- 1 large onion red cut into 1/2-inch-thick slices
- 3 cups cheddar cheese shredded
- 1 pound chicken breasts boneless skinless
- 2 tablespoons vegetable oil

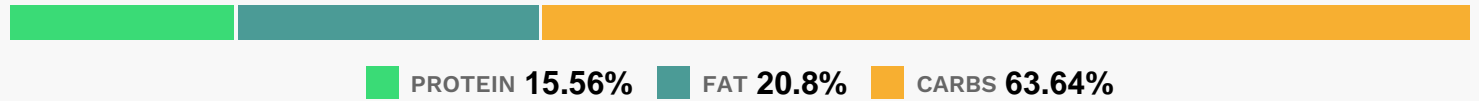
Equipment

- grill
- aluminum foil

Directions

- Lightly coat chicken and onion with oil, then season, if desired, with salt and ground black pepper. Grill chicken, onion and peppers, turning once, 8 minutes or until chicken is thoroughly cooked and vegetables are tender. Wrap peppers in aluminum foil; let stand 5 minutes, then remove skin and thinly slice. Thinly slice chicken; set aside.
- Grill top side of pizza crusts about 1 minute; remove from grill. Evenly spread pizzas with pasta sauce, then evenly top with chicken, vegetables and cheese. Grill pizzas, covered, until cheese is melted, about 3 minutes.
- Sprinkle with cilantro.
- Serve, if desired, with additional heated sauce and diced avocado.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:22.888260934664%

Flavonoids

Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 2184.47kcal (109.22%), Fat: 50.19g (77.21%), Saturated Fat: 24.4g (152.48%), Carbohydrates: 345.47g (115.16%), Net Carbohydrates: 334.3g (121.56%), Sugar: 22.19g (24.66%), Cholesterol: 78.66mg (26.22%), Sodium: 4472.49mg (194.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.45g (168.89%), Iron: 18.89mg (104.94%), Calcium: 926.06mg (92.61%), Fiber: 11.17g (44.69%), Selenium: 30.21µg (43.15%), Vitamin C: 34.69mg (42.05%), Phosphorus: 325.38mg (32.54%), Vitamin B3: 6.15mg (30.75%), Vitamin B6: 0.56mg (28.12%), Vitamin B2: 0.26mg (15.23%), Zinc: 1.96mg (13.07%), Vitamin A: 600.33IU (12.01%), Vitamin B5: 1.04mg (10.41%), Vitamin K: 10.78µg (10.27%), Potassium: 334.76mg (9.56%), Vitamin B12: 0.56µg (9.38%), Magnesium: 31.68mg (7.92%),

Vitamin E: 0.86mg (5.74%), Vitamin B1: 0.08mg (5.22%), Folate: 17.94µg (4.49%), Manganese: 0.08mg (4.05%),
Copper: 0.06mg (3.1%), Vitamin D: 0.31µg (2.07%)