



## Chicken Fajita Grilled Pizzas

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1938 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 large bell pepper green
- 1.5 cups pasta sauce traditional ragu® old world style®
- 24 inch uncook pizza crust
- 1 large onion red cut into 1/2-inch-thick slices
- 1 pound chicken breast boneless skinless

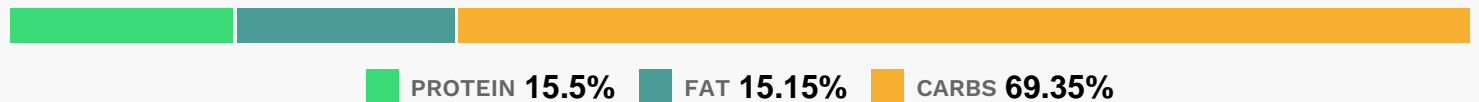
### Equipment

- 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. Preparation time: 30 Minute(s) Cook time: 15 Minute(s)

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:1.19, Inflammation Score:-3, Nutrition Score:19.031304286874%

## 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: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

## Nutrients (% of daily need)

Calories: 1938.4kcal (96.92%), Fat: 32.47g (49.96%), Saturated Fat: 15.76g (98.5%), Carbohydrates: 334.32g (111.44%), Net Carbohydrates: 322.46g (117.26%), Sugar: 13.44g (14.93%), Cholesterol: 36.29mg (12.1%), Sodium: 3880.73mg (168.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.72g (149.45%), Iron: 19.26mg (107%), Calcium: 632.83mg (63.28%), Fiber: 11.86g (47.43%), Vitamin C: 37.88mg (45.91%), Vitamin B3: 6.58mg (32.91%), Vitamin B6: 0.58mg (28.9%), Selenium: 18.49µg (26.41%), Phosphorus: 143.66mg (14.37%), Potassium: 438.05mg (12.52%), Vitamin B5: 1.01mg (10.07%), Vitamin A: 367.89IU (7.36%), Magnesium: 27.11mg (6.78%), Manganese: 0.13mg (6.27%), Vitamin E: 0.92mg (6.16%), Vitamin B2: 0.1mg (5.99%), Vitamin B1: 0.08mg (5.13%), Copper: 0.1mg (5.03%), Vitamin K: 4.49µg (4.27%), Zinc: 0.51mg (3.38%), Folate: 13.11µg (3.28%), Vitamin B12: 0.11µg (1.89%)