



Chicken Fajita Pizza

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 skinned and boned chicken breasts cut into strips
- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 small bell pepper green chopped
- ☐ 8 ounce monterrey jack cheese shredded
- ☐ 1 small onion sliced
- ☐ 24 ounce pizza crusts refrigerated
- ☐ 1 cup salsa
- ☐ 1 teaspoon salt

- ☐ 6 servings toppings: tomatoes shredded sour chopped
- ☐ 1 tablespoon vegetable oil

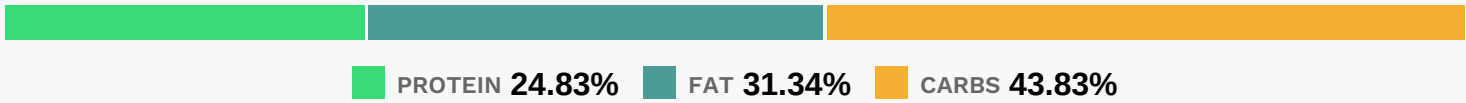
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place 1 crust on a lightly greased baking sheet.
- ☐ Saut chicken in hot oil in a skillet over medium-high heat 5 minutes or until tender. Stir in chili powder, salt, and garlic powder.
- ☐ Remove from skillet, and set aside.
- ☐ Add onion and bell pepper to skillet; saut 5 minutes or until tender.
- ☐ Spread crust with salsa; top with chicken, onion mixture, and cheese.
- ☐ Bake at 425 for 10 to 12 minutes or until cheese melts.
- ☐ Serve with desired toppings.
- ☐ Note: For testing purposes only, we used Mama Mary's Gourmet Pizza Crusts.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:23.080869539924%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 610.98kcal (30.55%), Fat: 21.39g (32.91%), Saturated Fat: 10.66g (66.6%), Carbohydrates: 67.33g (22.44%), Net Carbohydrates: 62.02g (22.55%), Sugar: 9.13g (10.15%), Cholesterol: 81.85mg (27.28%), Sodium: 1608.3mg (69.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.14g (76.27%), Vitamin B3: 9.6mg (48%), Vitamin A: 2264.21IU (45.28%), Vitamin C: 37.17mg (45.06%), Vitamin B6: 0.87mg (43.7%), Selenium: 30.23µg (43.19%), Calcium: 425.52mg (42.55%), Phosphorus: 391.98mg (39.2%), Potassium: 902.43mg (25.78%), Iron: 4.5mg (25.02%), Vitamin K: 22.97µg (21.88%), Fiber: 5.31g (21.26%), Vitamin B2: 0.28mg (16.71%), Manganese: 0.31mg (15.73%), Magnesium: 59.69mg (14.92%), Vitamin E: 2.23mg (14.88%), Vitamin B5: 1.43mg (14.35%), Zinc: 2.04mg (13.58%), Folate: 42.3µg (10.58%), Vitamin B1: 0.15mg (10.05%), Copper: 0.19mg (9.39%), Vitamin B12: 0.46µg (7.74%), Vitamin D: 0.3µg (2.01%)