



## Chicken Fajita Pizza

READY IN



40 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bell pepper green red
- 1 teaspoons chili powder
- 0.5 teaspoon garlic powder
- 8 oz monterrey jack cheese shredded
- 1 cup onion thinly sliced
- 13.8 oz pizza dough refrigerated canned
- 0.5 cup salsa thick
- 0.5 teaspoon salt
- 1.3 lb chicken breast halves boneless skinless cut into thin strips

1 tablespoon vegetable oil

## Equipment

frying pan

oven

pizza pan

## Directions

Heat oven to 425F. Spray 12inch pizza pan or 13x9inch pan with cooking spray. Unroll dough; place in pan. Starting at center, press out dough with hands to edge of pan.

Bake 7 to 9 minutes or until very light golden brown.

Meanwhile, heat oil in 10-inch skillet over mediumhigh heat.

Add chicken; sprinkle with chili powder, salt and garlic powder. Cook and stir 3 to 5 minutes or until lightly browned.

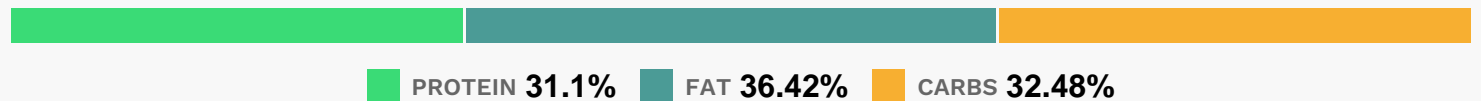
Add onions and bell pepper strips; cook and stir 2 to 3 minutes longer or until chicken is no longer pink in center and vegetables are crisptender.

Spoon chicken mixture evenly over partially baked crust. Spoon salsa over chicken.

Sprinkle with cheese.

Bake 14 to 18 minutes or until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:8.63, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:12.94913040555%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 339.63kcal (16.98%), Fat: 13.76g (21.17%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 25.82g (9.39%), Sugar: 5.11g (5.68%), Cholesterol: 70.59mg (23.53%), Sodium: 863.39mg (37.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.87%), Selenium: 27.13µg (38.76%), Vitamin B3: 7.74mg (38.72%), Vitamin B6: 0.66mg (32.79%), Phosphorus: 290.96mg (29.1%), Calcium: 227.11mg (22.71%), Vitamin C: 17.62mg (21.35%), Vitamin B2: 0.2mg (11.76%), Vitamin B5: 1.15mg (11.49%), Potassium: 396.06mg (11.32%), Iron: 2.02mg (11.2%), Vitamin A: 460.71IU (9.21%), Zinc: 1.37mg (9.13%), Magnesium: 32.9mg (8.23%), Fiber: 1.79g (7.15%), Vitamin B12: 0.38µg (6.28%), Vitamin K: 6.38µg (6.08%), Vitamin B1: 0.08mg (5.1%), Vitamin E: 0.72mg (4.77%), Manganese: 0.09mg (4.35%), Folate: 14.41µg (3.6%), Copper: 0.06mg (3.12%), Vitamin D: 0.24µg (1.61%)