



Chicken Fajita Pizza Sauce and Toppings

 Gluten Free

READY IN



175 min.

SERVINGS



6

CALORIES



561 kcal

SAUCE

Ingredients

- 1 skin-on chicken breast whole bone-in
- 1.5 tablespoons mild chili powder
- 2 cloves garlic minced
- 0.5 bell pepper green thinly sliced
- 2 teaspoons ground cumin
- 2 teaspoons hungarian paprika
- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil

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- 0.5 orange bell pepper thinly sliced
- 0.3 teaspoon mexican oregano
- 16 ounce pizza ball homemade store-bought
- 0.5 bell pepper red thinly sliced
- 0.5 onion red sliced
- 0.5 cup cheddar shredded
- 0.5 cup mozzarella cheese shredded
- 1 tablespoon tomato paste
- 2 cups tomato purée

Equipment

- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- cutting board
- pizza stone

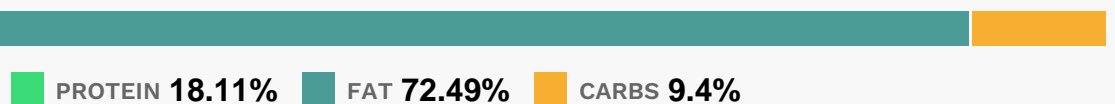
Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Put the chicken breast on a baking sheet.
- Drizzle with olive oil and season with salt and pepper, to taste. Put in the oven and roast until cooked through, about 35 minutes.
- Remove the chicken from the oven to a cutting board and let cool. Once cool enough to handle, shred the chicken meat with a fork and set aside. Cook's Note: Can be done the day

before.

- Turn the oven temperature up to 400 degrees F.
- Put a pizza stone in the oven to preheat for 1 hour, for best results.
- Remove the pizza dough from refrigerator and let come to room temperature, so it will be easier to work with.
- Heat a medium saucepan over medium-high heat and coat the bottom with the olive oil. Once hot, add the garlic and saute until fragrant.
- Add the tomato paste and stir to toast. This will add depth of flavor. Stir in the tomato puree, chili powder, paprika, cumin, and oregano and bring up to a simmer. Cook for 10 minutes, stirring occasionally, for the flavors to marry together. Season, to taste, with salt and pepper.
- Thinly coat a large saute pan with olive oil and heat over a medium-high heat. When the oil is hot, add the peppers, onion and garlic.
- Saute until the onions are translucent, about 4 to 5 minutes, stirring occasionally. Season with salt and pepper, to taste.
- Remove and set aside.
- Flour the counter top and roll out the pizza dough to a 13-inch diameter. Carefully remove the pizza stone from the oven and put the dough on top. Ladle on the tomato sauce to lightly cover the bottom of the pizza.
- Sprinkle with the chicken, vegetables, and the cheeses.
- Bake the pizza until crisp and golden, about 20 minutes.
- Remove from the oven, then slice and serve.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:24.535652041435%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 560.88kcal (28.04%), Fat: 45.91g (70.63%), Saturated Fat: 12.81g (80.07%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 9.8g (3.57%), Sugar: 6.37g (7.08%), Cholesterol: 90.51mg (30.17%), Sodium: 263.41mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.62%), Vitamin C: 44.79mg (54.3%), Vitamin A: 2263.56IU (45.27%), Vitamin E: 6.38mg (42.51%), Vitamin B1: 0.64mg (42.37%), Selenium: 29.3µg (41.86%), Vitamin B3: 8.24mg (41.18%), Vitamin B6: 0.74mg (36.93%), Phosphorus: 321.07mg (32.11%), Potassium: 853.34mg (24.38%), Vitamin B2: 0.4mg (23.42%), Iron: 3.82mg (21.23%), Zinc: 3.09mg (20.62%), Vitamin K: 21.48µg (20.46%), Copper: 0.36mg (17.96%), Calcium: 166.9mg (16.69%), Manganese: 0.32mg (15.95%), Vitamin B12: 0.94µg (15.74%), Magnesium: 59.05mg (14.76%), Fiber: 3.59g (14.36%), Vitamin B5: 1.31mg (13.14%), Folate: 30.6µg (7.65%), Vitamin D: 0.21µg (1.43%)