



Chicken Pizza Mexicana

READY IN



20 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz cheddar cheese shredded
- ☐ 14 oz uncook pizza crust italian (12 inch)
- ☐ 1.5 cups roasted chicken cooked chopped
- ☐ 2 plum tomatoes thinly sliced (Roma)
- ☐ 1 small jalapeno seeded finely chopped

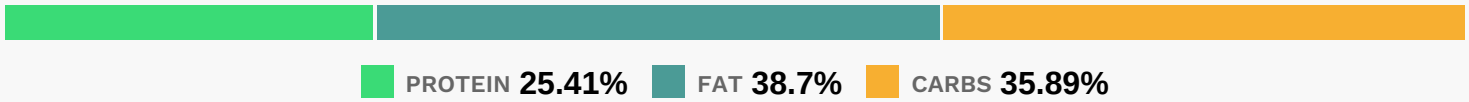
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Sprinkle cheese evenly over pizza crust. Top with remaining ingredients.
- ☐ Place pizza on grill over medium heat. Cover grill; cook 8 to 10 minutes or until crust is crisp and cheese is melted. (If crust browns too quickly, place a piece of aluminum foil between crust and grill.)

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:12.802173909934%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 567.85kcal (28.39%), Fat: 24.22g (37.26%), Saturated Fat: 12.85g (80.33%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 48.56g (17.66%), Sugar: 3.16g (3.51%), Cholesterol: 93.24mg (31.08%), Sodium: 911.37mg (39.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.78g (71.56%), Calcium: 473.66mg (47.37%), Phosphorus: 357.49mg (35.75%), Selenium: 21.43µg (30.62%), Vitamin B3: 4.43mg (22.16%), Iron: 3.76mg (20.89%), Zinc: 2.56mg (17.08%), Vitamin B2: 0.27mg (15.64%), Vitamin B6: 0.29mg (14.47%), Vitamin B12: 0.85µg (14.16%), Vitamin A: 691.13IU (13.82%), Vitamin C: 8.4mg (10.18%), Fiber: 1.97g (7.87%), Magnesium: 29.13mg (7.28%), Potassium: 250.57mg (7.16%), Vitamin B5: 0.69mg (6.9%), Vitamin K: 4.51µg (4.3%), Vitamin B1: 0.06mg (3.9%), Folate: 15.59µg (3.9%), Copper: 0.06mg (3.2%), Manganese: 0.06mg (3.01%), Vitamin E: 0.43mg (2.9%), Vitamin D: 0.28µg (1.89%)