

Chicken Taco Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz cheddar cheese shredded
- ☐ 0.5 cup sauce
- ☐ 1 cup lettuce shredded
- ☐ 10 oz uncook pizza crust italian thin (12 inch)
- ☐ 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)
- ☐ 0.5 cup cream sour
- ☐ 0.8 cup tomatoes seeded chopped
- ☐ 0.5 cup tortilla chips crushed nacho-flavored

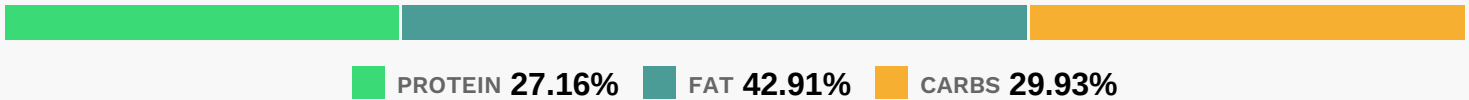
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450F. On cookie sheet, place pizza crust. In small bowl, stir taco sauce and chicken.
- ☐ Spread chicken mixture over pizza crust, leaving 1-inch border. Top with cheese.
- ☐ Bake 8 to 10 minutes or until cheese is melted and pizza is thoroughly heated.
- ☐ Drop sour cream by teaspoonfuls over pizza. Top with lettuce, tomato and tortilla chips.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:9.9826086915058%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 752.85kcal (37.64%), Fat: 36g (55.39%), Saturated Fat: 15.66g (97.87%), Carbohydrates: 56.49g (18.83%), Net Carbohydrates: 54.09g (19.67%), Sugar: 10.24g (11.38%), Cholesterol: 173.05mg (57.68%), Sodium: 1478.57mg (64.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.28g (102.56%), Calcium: 415.38mg (41.54%), Phosphorus: 259.26mg (25.93%), Selenium: 13.75µg (19.64%), Vitamin A: 928.72IU (18.57%), Vitamin B2: 0.26mg (15.04%), Iron: 2.38mg (13.24%), Zinc: 1.93mg (12.86%), Vitamin K: 11µg (10.48%), Fiber: 2.4g (9.59%), Vitamin B12: 0.51µg (8.52%), Magnesium: 30.76mg (7.69%), Vitamin E: 1.12mg (7.46%), Vitamin C: 4.59mg (5.56%), Folate:

21.79µg (5.45%), Potassium: 186.44mg (5.33%), Vitamin B5: 0.48mg (4.84%), Vitamin B6: 0.1mg (4.84%), Vitamin B1: 0.06mg (3.73%), Manganese: 0.06mg (3.09%), Copper: 0.05mg (2.71%), Vitamin B3: 0.36mg (1.79%), Vitamin D: 0.26µg (1.7%)