



WHATSheATE



Chicken Taco Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

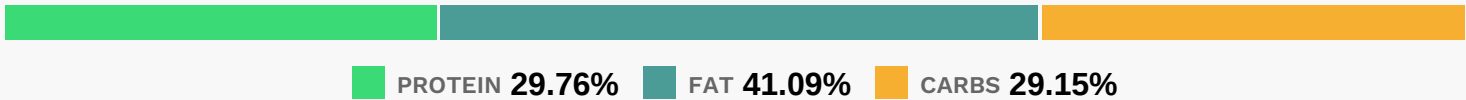
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. 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:0.64, Inflammation Score:-5, Nutrition Score:9.4839129085126%

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: 678.5kcal (33.92%), Fat: 31.08g (47.82%), Saturated Fat: 13.09g (81.8%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 47.21g (17.17%), Sugar: 3.71g (4.12%), Cholesterol: 164.12mg (54.71%), Sodium: 1113.36mg (48.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.66g (101.32%), Calcium: 344.15mg (34.42%), Phosphorus: 221.41mg (22.14%), Vitamin B12: 1.03µg (17.17%), Vitamin A: 790.09IU (15.8%), Iron: 2.8mg (15.53%), Selenium: 8.94µg (12.78%), Zinc: 1.74mg (11.58%), Vitamin B2: 0.19mg (11.09%), Magnesium: 44.37mg (11.09%), Vitamin K: 10.96µg (10.44%), Fiber: 2.4g (9.59%), Potassium: 241.5mg (6.9%), Manganese: 0.13mg (6.7%), Vitamin E:

0.88mg (5.87%), Vitamin C: 4.59mg (5.56%), Vitamin B6: 0.08mg (4.16%), Folate: 15.84µg (3.96%), Vitamin B1: 0.06mg (3.76%), Vitamin B5: 0.37mg (3.68%), Vitamin B3: 0.51mg (2.54%), Copper: 0.04mg (2.24%), Vitamin D: 0.17µg (1.13%)