



WHATSheATE



Easy Mexican Chicken Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz chicken breast refrigerated cooked southwestern-flavored
- ☐ 6 oz monterrey jack cheese shredded hot
- ☐ 0.3 cup plum tomatoes diced (Roma)
- ☐ 1 cup refried beans old el paso®
- ☐ 13.8 oz pizza dough refrigerated pillsbury® canned
- ☐ 0.5 cup salsa thick old el paso®

Equipment

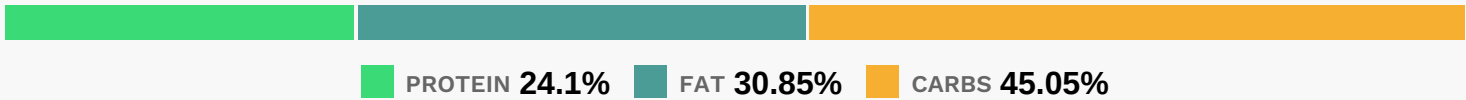
- ☐ frying pan

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 425°F. Spray 12- or 14-inch pizza pan with cooking spray. Unroll dough; place in pan. Starting at center, press out dough to form 12-inch round.
- ☐ Bake about 8 minutes or until crust begins to brown.
- ☐ Spread refried beans evenly over partially baked crust.
- ☐ Spread salsa over beans.
- ☐ Sprinkle with cheese, chicken and tomato.
- ☐ Bake 9 to 12 minutes longer or until edges of crust are golden brown and cheese is melted.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:11.887826007345%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 499.98kcal (25%), Fat: 17.11g (26.32%), Saturated Fat: 9.13g (57.05%), Carbohydrates: 56.21g (18.74%), Net Carbohydrates: 51.46g (18.71%), Sugar: 9.4g (10.45%), Cholesterol: 65.06mg (21.69%), Sodium: 1570.55mg (68.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.08g (60.16%), Calcium: 349.74mg (34.97%), Phosphorus: 292.06mg (29.21%), Selenium: 20.07µg (28.67%), Vitamin B3: 4.93mg (24.63%), Iron: 3.82mg (21.23%), Vitamin B6: 0.42mg (21.06%), Fiber: 4.75g (19%), Vitamin A: 668.74IU (13.37%), Vitamin B2: 0.22mg (13.03%), Zinc: 1.61mg (10.75%), Potassium: 310.68mg (8.88%), Vitamin B5: 0.77mg (7.74%), Vitamin B12: 0.44µg (7.3%), Magnesium: 29.04mg (7.26%), Vitamin E: 0.67mg (4.45%), Vitamin C: 3.15mg (3.82%), Vitamin K: 3.68µg (3.51%), Vitamin B1: 0.05mg (3.36%), Manganese: 0.06mg (3.23%), Folate: 12.87µg (3.22%), Copper: 0.05mg (2.75%), Vitamin D: 0.3µg (1.98%)