



Easy Tandoori Chicken Pizza

READY IN



72 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tightly baby arugula packed
- ☐ 270 g philadelphia savoury garlic cooking creme cream cheese product divided
- ☐ 1 tablespoon tandoori paste
- ☐ 2 tablespoons cilantro leaves fresh coarsely chopped
- ☐ 250 g naan breads per 250g package)
- ☐ 1 teaspoon oil
- ☐ 0.5 cup onions red thinly sliced
- ☐ 0.5 pound chicken breasts boneless skinless cut into thin strips
- ☐ 3 tablespoons chili sauce sweet

☐ 2 tablespoons tomato paste

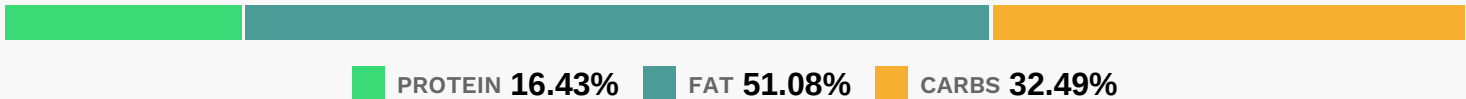
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Mix 2 Tbsp. Cooking Creme and tandoori paste in medium bowl.
- ☐ Add chicken; toss to coat. Refrigerate 30 min.
- ☐ Heat oil in medium nonstick skillet on medium-high heat,
- ☐ Add chicken mixture; cook and stir 5 min. or until chicken is cooked.
- ☐ Combine chili sauce and tomato paste; spread onto bread. Top with onions and chicken; place directly on oven rack.
- ☐ Bake 8 to 10 min. or until pizzas start to brown around edges. Top with spoonfuls of remaining Cooking Creme; bake 2 min. or until heated through. Top with arugula and cilantro.
- ☐ Cut in half.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:2.5, Inflammation Score:-7, Nutrition Score:11.49478252556%

Flavonoids

Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 549.01kcal (27.45%), Fat: 31.05g (47.77%), Saturated Fat: 15.09g (94.34%), Carbohydrates: 44.42g (14.81%), Net Carbohydrates: 42.37g (15.41%), Sugar: 12.82g (14.25%), Cholesterol: 109.46mg (36.49%), Sodium:

1056.06mg (45.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.94%), Selenium: 24.79µg (35.41%), Vitamin B3: 6.3mg (31.5%), Vitamin B6: 0.52mg (25.81%), Vitamin A: 1181.78IU (23.64%), Phosphorus: 213.19mg (21.32%), Vitamin B2: 0.24mg (14.36%), Vitamin B5: 1.27mg (12.66%), Calcium: 126.03mg (12.6%), Potassium: 437.62mg (12.5%), Vitamin K: 10.55µg (10.05%), Vitamin E: 1.24mg (8.25%), Fiber: 2.06g (8.24%), Magnesium: 30.62mg (7.65%), Manganese: 0.12mg (5.96%), Zinc: 0.88mg (5.89%), Vitamin C: 4.72mg (5.72%), Vitamin B1: 0.07mg (4.82%), Folate: 18.88µg (4.72%), Vitamin B12: 0.27µg (4.42%), Copper: 0.09mg (4.33%), Iron: 0.75mg (4.15%)