



## Edamame Asian-Style Pizza

READY IN



18 min.

SERVINGS



8

CALORIES



1030 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup chicken breast diced cooked
- ☐ 0.3 cup chow mein noodles
- ☐ 0.5 cup edamame shelled cooked
- ☐ 1.5 teaspoons ginger fresh minced
- ☐ 3 teaspoons peanut butter
- ☐ 12 inch pre-baked pizza crust
- ☐ 0.5 cup bell pepper red sliced
- ☐ 0.5 cup reduced fat mozzarella cheese shredded
- ☐ 1.5 teaspoons rice vinegar white

- ☐ 1.5 teaspoons soya sauce
- ☐ 2 tablespoons water

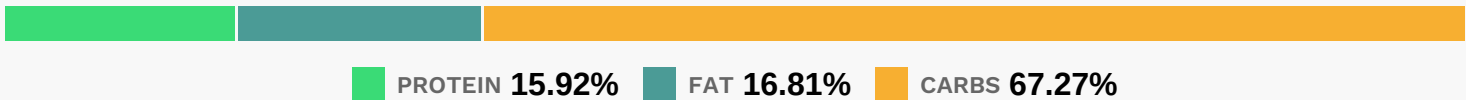
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Combine peanut butter, water, soy sauce, vinegar and ginger in small bowl; stir until smooth.
- ☐ Place pizza crust on foil-lined baking sheet.
- ☐ Spread peanut butter mixture evenly over pizza crust.
- ☐ Sprinkle cheese, chicken, edamame, bell peppers and chow men noodles evenly over crust.
- ☐ Bake 8 to 10 minutes until cheese is melted.
- ☐ Cut into 8 slices and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.75, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:9.0982608795166%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 1030.31kcal (51.52%), Fat: 19.14g (29.44%), Saturated Fat: 8.89g (55.56%), Carbohydrates: 172.3g (57.43%), Net Carbohydrates: 166.05g (60.38%), Sugar: 6.31g (7.01%), Cholesterol: 19.35mg (6.45%), Sodium: 1976.55mg (85.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.53%), Iron: 10.03mg (55.7%),

Calcium: 375.72mg (37.57%), Fiber: 6.25g (24.98%), Vitamin B3: 2.94mg (14.72%), Vitamin C: 11.94mg (14.47%), Phosphorus: 86.53mg (8.65%), Selenium: 5.99µg (8.55%), Vitamin B6: 0.15mg (7.66%), Vitamin A: 328.92IU (6.58%), Potassium: 132.96mg (3.8%), Magnesium: 13.53mg (3.38%), Vitamin B2: 0.06mg (3.33%), Manganese: 0.07mg (3.25%), Vitamin E: 0.48mg (3.19%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.24mg (2.41%), Folate: 8.44µg (2.11%), Vitamin B12: 0.12µg (1.95%), Vitamin B1: 0.02mg (1.56%), Copper: 0.03mg (1.38%)