



Fajita Pizza

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 0.5 pound chicken breast boneless skinless cut into 1/8- to 1/4-inch strips
- 0.5 medium bell pepper cut into thin strips
- 1 small onion
- 0.5 cup salsa thick
- 0.3 cup water hot
- 6 ounces mozzarella cheese shredded
- 1.5 cups frangelico

Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- Move oven rack to lowest position.
- Heat oven to 450°F. Spray 12-inch pizza pan with cooking spray.
- Heat 10-inch skillet over medium-high heat.
- Add oil; rotate skillet to coat bottom and side. Cook chicken in oil 3 minutes, stirring frequently. Stir in bell pepper and onion. Cook 3 to 4 minutes, stirring frequently, until vegetables are crisp-tender and chicken is no longer pink in center; remove from heat. Stir in salsa; set aside.
- Stir Bisquick mix and very hot water in small bowl until soft dough forms; beat vigorously 20 strokes. Press dough in pizza pan, using fingers dipped in Bisquick mix; pinch edge to form 1/2-inch rim.
- Sprinkle 3/4 cup of the cheese over crust. Top with chicken mixture.
- Sprinkle with remaining 3/4 cup cheese.
- Bake 12 to 15 minutes or until crust is brown and cheese is melted and bubbly.

Nutrition Facts

 **PROTEIN 32.66%**  **FAT 59.05%**  **CARBS 8.29%**

Properties

Glycemic Index:14.33, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:9.1439129995263%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 181.74kcal (9.09%), Fat: 11.93g (18.36%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.03g (2.25%), Cholesterol: 46.59mg (15.53%), Sodium: 365.25mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Selenium: 17.18µg (24.54%), Vitamin B3: 4.33mg (21.63%), Phosphorus: 192.63mg (19.26%), Vitamin B6: 0.37mg (18.73%), Vitamin C: 14.42mg (17.48%), Calcium: 154.89mg (15.49%), Vitamin A: 617.71IU (12.35%), Vitamin B12: 0.72µg (12.03%), Vitamin K: 10.51µg (10.01%), Vitamin B2: 0.14mg (8.03%), Zinc: 1.14mg (7.58%), Potassium: 255.26mg (7.29%), Vitamin B5: 0.67mg (6.68%), Vitamin E: 0.92mg (6.13%), Magnesium: 21.24mg (5.31%), Vitamin B1: 0.05mg (3.4%), Manganese: 0.06mg (3.24%), Fiber: 0.8g (3.19%), Folate: 11.14µg (2.79%), Iron: 0.42mg (2.35%), Copper: 0.04mg (1.79%), Vitamin D: 0.15µg (1.01%)