



Grilled Chicken Margherita Pizzas

READY IN



35 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic finely chopped
- 8 oz chicken breast boneless skinless
- 0.5 teaspoon lawry's seasoned salt
- 11 oz flour tortilla for burritos (8 count)
- 6 oz mozzarella cheese shredded finely
- 10 oz plum tomatoes thinly sliced (Roma)
- 0.3 cup basil fresh sliced

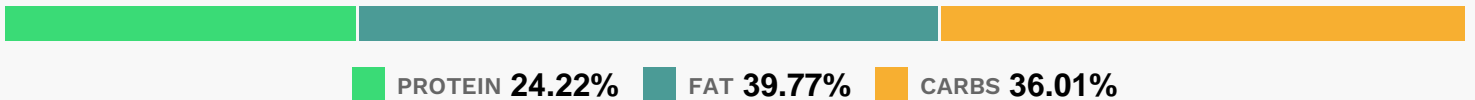
Equipment

- bowl
- baking sheet
- grill
- spatula

Directions

- Heat gas or charcoal grill. In small bowl, mix oil and garlic.
- Brush chicken breasts with 1 teaspoon of the oil mixture; sprinkle with seasoned salt.
- Place on grill over medium-high heat. Cover grill; cook 12 to 18 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F). Reduce heat to medium-low.
- On ungreased cookie sheets, place tortillas.
- Brush with remaining oil mixture.
- Cut chicken into strips. Arrange chicken strips over tortillas.
- Sprinkle each with 1/4 cup of the cheese. Top evenly with tomato slices; sprinkle with remaining cheese and basil.
- With wide spatula, carefully slide pizzas onto grill over medium-low heat. Cover grill; cook 3 to 5 minutes, rotating pizzas to avoid hot spots, until cheese is melted and crusts are crisp. Slide pizzas back onto cookie sheets.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:13.22, Inflammation Score:-7, Nutrition Score:21.473913037259%

Flavonoids

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 475.93kcal (23.8%), Fat: 20.86g (32.09%), Saturated Fat: 8.69g (54.34%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 38.87g (14.13%), Sugar: 5.21g (5.78%), Cholesterol: 69.88mg (23.29%), Sodium: 1200.68mg (52.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.58g (57.15%), Selenium: 42.87µg (61.24%), Vitamin B3: 9.84mg (49.22%), Phosphorus: 449.2mg (44.92%), Calcium: 342.72mg (34.27%), Vitamin B1: 0.47mg (31.29%), Vitamin B6: 0.55mg (27.74%), Manganese: 0.52mg (25.88%), Vitamin B2: 0.41mg (24.25%), Folate: 90.2µg (22.55%), Vitamin K: 20.65µg (19.67%), Vitamin A: 974.05IU (19.48%), Iron: 3.5mg (19.45%), Vitamin B12: 1.08µg (18.05%), Potassium: 515.05mg (14.72%), Fiber: 3.62g (14.48%), Zinc: 2.13mg (14.17%), Vitamin C: 10.89mg (13.2%), Magnesium: 49.35mg (12.34%), Vitamin B5: 1.07mg (10.66%), Copper: 0.15mg (7.56%), Vitamin E: 1.09mg (7.25%), Vitamin D: 0.23µg (1.51%)