



Grilled Chicken Naan Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings arugula
- 4 servings grilled spicy cilantro chicken
- 4 slices mozzarella cheese fresh
- 2 naan breads

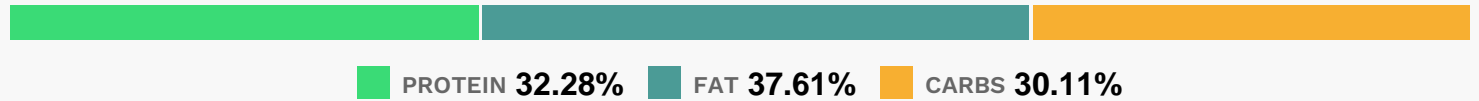
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 45
- Thinly slice 6 Grilled Spicy Cilantro Chicken thighs.
- Place naan breads on a parchment paper-lined baking sheet; spread each with 1 Tbsp. reserved cilantro mixture.
- Layer each with 1/2 cup sliced chicken, 4 reserved plum tomato halves, and fresh mozzarella cheese slices.
- Bake 7 to 8 minutes or until cheese melts. Top with arugula.
- Serve with remaining cilantro mixture.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:10.926087027011%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 416.69kcal (20.83%), Fat: 16.93g (26.05%), Saturated Fat: 6.27g (39.16%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 29.35g (10.67%), Sugar: 2.48g (2.76%), Cholesterol: 91.09mg (30.36%), Sodium: 667.56mg (29.02%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 32.7g (65.39%), Selenium: 25.76µg (36.8%), Vitamin B3: 6.76mg (33.79%), Phosphorus: 268.7mg (26.87%), Calcium: 208.65mg (20.87%), Vitamin B6: 0.37mg (18.31%), Vitamin B12: 0.89µg (14.88%), Zinc: 2.17mg (14.44%), Vitamin B2: 0.21mg (12.57%), Vitamin K: 11.55µg (11%), Vitamin A: 463.68IU (9.27%), Vitamin B5: 0.91mg (9.1%), Potassium: 253.08mg (7.23%), Iron: 1.3mg (7.22%), Magnesium: 28.22mg (7.05%), Fiber: 1.15g (4.61%), Vitamin B1: 0.07mg (4.37%), Folate: 15.93µg (3.98%), Copper: 0.06mg (2.96%), Manganese: 0.06mg (2.75%), Vitamin C: 1.5mg (1.82%)