



Grilled Chicken Pizza Mexicana

READY IN



20 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces cheese shredded taco-flavored
- 16 ounces uncook pizza crust ready-to-serve (12 to 14 inches in diameter)
- 1.5 cups roasted chicken cooked chopped
- 2 roma tomatoes thinly sliced (plum)
- 1 small jalapeno seeded finely chopped

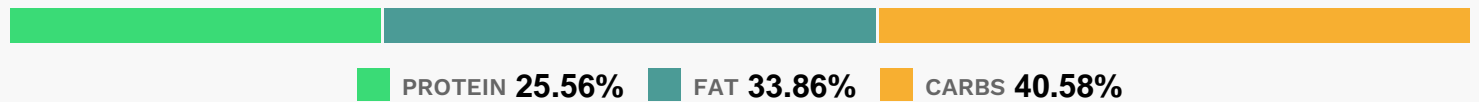
Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat.
- Sprinkle cheese evenly over pizza crust. Top with remaining ingredients.
- Cover and grill pizza 4 to 6 inches from medium heat 8 to 10 minutes or until crust is crisp and cheese is melted. (If crust browns too quickly, place a piece of aluminum foil between crust and grill.)

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:12.666086891423%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 573.63kcal (28.68%), Fat: 21.38g (32.89%), Saturated Fat: 10.99g (68.71%), Carbohydrates: 57.65g (19.22%), Net Carbohydrates: 55.47g (20.17%), Sugar: 3.26g (3.62%), Cholesterol: 84.17mg (28.06%), Sodium: 997.88mg (43.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.31g (72.63%), Calcium: 399.23mg (39.92%), Selenium: 22.57µg (32.24%), Phosphorus: 309.86mg (30.99%), Vitamin B12: 1.45µg (24.08%), Iron: 4.06mg (22.56%), Vitamin B3: 4.43mg (22.13%), Zinc: 2.51mg (16.74%), Vitamin B2: 0.25mg (14.47%), Vitamin A: 700.77IU (14.02%), Vitamin B6: 0.28mg (13.78%), Vitamin C: 8.4mg (10.18%), Fiber: 2.18g (8.73%), Potassium: 245.47mg (7.01%), Magnesium: 26.3mg (6.57%), Vitamin B5: 0.63mg (6.29%), Vitamin K: 4.4µg (4.19%), Vitamin B1: 0.06mg (4.16%), Manganese: 0.06mg (3.23%), Folate: 12.19µg (3.05%), Copper: 0.06mg (2.8%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.23µg (1.51%)