



Grilled Chicken Taco Pizzas

READY IN



85 min.

SERVINGS



3

CALORIES



1237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado
- 0.3 cup canola oil plus more for brushing
- 1 teaspoon cayenne pepper
- 0.5 teaspoon chili powder
- 1 tablespoon chili powder
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons garlic powder
- 0.5 teaspoon ground cumin
- 1 teaspoon ground cumin

- 1 juice of lime
- 3 servings kosher salt and pepper black freshly ground
- 2 tablespoons onion powder
- 1 teaspoon oregano dried
- 16 ounce pizza dough
- 1 tablespoon onion diced red
- 1 cup salsa fresh
- 1 cup sharp cheddar shredded
- 1 cup mozzarella cheese shredded
- 1 pound chicken breasts boneless skinless
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- plastic wrap
- grill

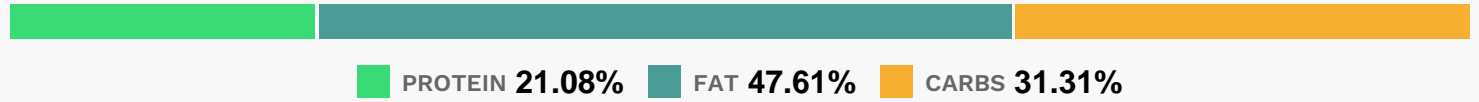
Directions

- Mix all of the ingredients with 1 tablespoon each salt and black pepper in a bowl.
- Mix 2 tablespoons of the taco seasoning and the canola oil in a shallow bowl. Pound the chicken between 2 pieces of plastic wrap to 1/4 inch thick.
- Add the chicken to the bowl, turning to coat, and marinate 30 minutes.
- Preheat a grill to medium high. Grill the chicken until cooked through, about 4 minutes per side.
- Let cool, then cut into bite-size pieces.
- Divide the dough into 3 pieces.
- Roll out each on a floured surface into an 8-inch round.
- Brush with canola oil, sprinkle with taco seasoning and grill until crisp, 3 to 5 minutes per side; remove from the grill.

Mix the cheeses in a bowl, then sprinkle on the crusts and top with the chicken. Return the pizzas to the grill, and cook until the cheese is melted, about 5 minutes. Meanwhile, mix the avocado, lime juice, cumin, chili powder, red onion, and salt and pepper to taste. Top the pizzas with the avocado mixture, salsa, sour cream and cilantro.

Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:41.983913245408%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 1237.29kcal (61.86%), Fat: 66.77g (102.73%), Saturated Fat: 21g (131.27%), Carbohydrates: 98.8g (32.93%), Net Carbohydrates: 87.52g (31.82%), Sugar: 16.03g (17.81%), Cholesterol: 186.54mg (62.18%), Sodium: 2392.89mg (104.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.53g (133.05%), Selenium: 70.59µg (100.85%), Vitamin B3: 18.57mg (92.87%), Vitamin B6: 1.74mg (86.75%), Phosphorus: 771.1mg (77.11%), Calcium: 589.9mg (58.99%), Vitamin A: 2714.32IU (54.29%), Vitamin E: 8.1mg (54%), Fiber: 11.28g (45.12%), Vitamin K: 46.15µg (43.95%), Iron: 7.64mg (42.43%), Potassium: 1445.92mg (41.31%), Vitamin B2: 0.66mg (38.78%), Vitamin B5: 3.73mg (37.29%), Zinc: 4.66mg (31.06%), Magnesium: 115.19mg (28.8%), Vitamin B12: 1.63µg (27.22%), Manganese: 0.5mg (25.16%), Folate: 87.8µg (21.95%), Vitamin C: 15.89mg (19.26%), Vitamin B1: 0.27mg (17.9%), Copper: 0.36mg (17.88%), Vitamin D: 0.53µg (3.51%)