



Grilled Hot & Spicy Orange Chicken Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz chicken breast boneless skinless
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 3 tablespoons alouette garlic & herbs spreadable cheese
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons orange juice
- ☐ 0.3 teaspoon hot sauce red
- ☐ 0.3 cup onion red sliced
- ☐ 13.8 oz pizza dough refrigerated pillsbury® canned

☐ 6 oz mozzarella cheese shredded

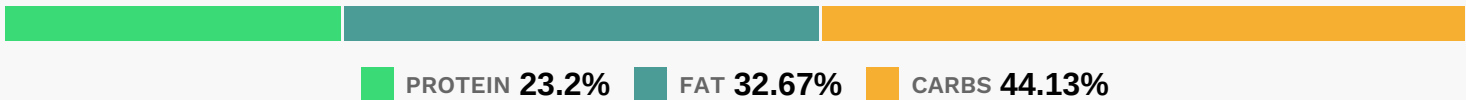
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix marinade, orange juice, ginger and pepper sauce.
- ☐ Place 1 tablespoon mixture in shallow bowl; dip chicken in shallow bowl to coat.
- ☐ Place chicken on grill over medium heat. Cover grill; cook 12 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Meanwhile, heat oven to 425°F. Lightly grease 12- or 14-inch pizza pan. Unroll dough in pan. Starting at center, press out dough with hands.
- ☐ Bake about 8 minutes or until crust begins to brown.
- ☐ Slice chicken breast crosswise into 1/4-inch-thick slices; brush marinade mixture onto slices.
- ☐ Spread remaining mixture over partially baked crust.
- ☐ Sprinkle mozzarella cheese over sauce.
- ☐ Sprinkle onions over cheese. Arrange chicken slices on top.
- ☐ Bake 12 to 15 minutes or until cheese is melted.
- ☐ Sprinkle with cilantro.
- ☐ Cut into slices.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1, Inflammation Score:-4, Nutrition Score:10.680000025293%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 456.95kcal (22.85%), Fat: 16.68g (25.67%), Saturated Fat: 8.29g (51.79%), Carbohydrates: 50.71g (16.9%), Net Carbohydrates: 48.87g (17.77%), Sugar: 7.79g (8.66%), Cholesterol: 70.19mg (23.4%), Sodium: 1078.14mg (46.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.32%), Selenium: 21µg (30.01%), Phosphorus: 246.78mg (24.68%), Vitamin B3: 4.57mg (22.86%), Calcium: 224.84mg (22.48%), Vitamin B6: 0.35mg (17.74%), Vitamin B12: 1.05µg (17.58%), Iron: 3.14mg (17.46%), Vitamin K: 14.37µg (13.68%), Zinc: 1.54mg (10.26%), Vitamin B2: 0.17mg (10.22%), Vitamin C: 6.89mg (8.35%), Vitamin A: 386.92IU (7.74%), Fiber: 1.84g (7.35%), Vitamin B5: 0.7mg (7.01%), Potassium: 241.04mg (6.89%), Magnesium: 23.05mg (5.76%), Manganese: 0.09mg (4.27%), Vitamin B1: 0.06mg (3.72%), Folate: 13.22µg (3.31%), Copper: 0.03mg (1.49%), Vitamin D: 0.21µg (1.42%), Vitamin E: 0.2mg (1.36%)