

 40%
HEALTH SCORE

Grilled Savory Taco Chicken Pizza with Guacamole and Lime Chipotle Salsa

READY IN



95 min.

SERVINGS



3

CALORIES



1271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small avocado diced pitted halved
- 0.3 cup canola oil plus more for brushing dough
- 1 teaspoon ground pepper
- 0.5 teaspoon chili powder
- 1 tablespoon chili powder
- 2 chipotles in adobo finely chopped
- 1 tablespoon garlic
- 1 tablespoon dehydrated onion

- 1 teaspoon freeze strawberries
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon garlic powder
- 0.5 teaspoon ground cumin
- 1 teaspoon ground cumin
- 1 tablespoon pepper black
- 3 servings honey
- 1 juice of lime juiced
- 1 tablespoon onion powder
- 16 ounce pizza dough store-bought
- 2 plum tomatoes diced finely
- 0.3 cup onion diced red finely
- 1 tablespoon onion diced red finely
- 2 tablespoons big daddy's taco rub plus more for seasoning, recipe follows
- 1 tablespoon salt
- 3 servings pepper black freshly ground
- 0.3 cup spring onion chopped
- 1 cup sharp cheddar cheese shredded
- 1 cup mozzarella cheese shredded
- 1 pound chicken breast boneless skinless
- 0.5 cup cream sour

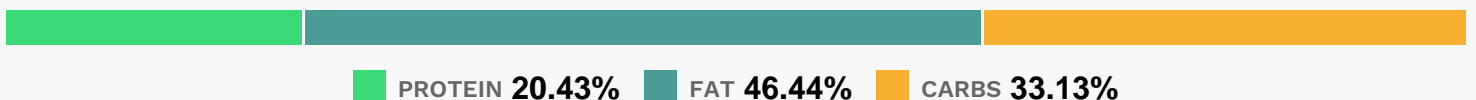
Equipment

- bowl
- plastic wrap
- grill
- cutting board

Directions

- Preheat grill to medium-high heat.
- Pound out chicken breast between 2 pieces of plastic wrap and place in a shallow dish.
- Combine the oil and Taco Rub in a small bowl and sprinkle over the chicken.
- Let marinate for 30 minutes. Grill chicken on both sides until cooked through, about 8 minutes total.
- Transfer to a cutting board and allow to cool. Dice chicken into bite-sized pieces and set aside.
- Cut pizza dough into 3 even pieces. On a lightly floured work surface, roll out each piece until it's very thin.
- Brush the dough with olive oil and lightly dust with Taco Rub. Grill on both sides until crisp and set aside.
- In a medium bowl, mix mozzarella and Cheddar cheeses.
- Evenly distribute 1/3 of the mozzarella and Cheddar cheese mixture on each pizza. Then top with 1/3 of the diced chicken. Return pizzas to the grill, cover and cook until cheese is bubbly and melted.
- Remove from grill. and place on serving plates. Top the pizzas with Guacamole, and Lime Chipotle Salsa, in desired amounts. Dollop sour cream on top and garnish with chopped cilantro.
- In a small bowl, mix all ingredients together and reserve. Can be stored, covered, up to 1 month in a sterilized container.
- Mix all ingredients together in a small bowl.;
- In medium bowl, mix all ingredients and set aside.
- Drizzle in honey, to taste, if salsa is too hot.

Nutrition Facts



Properties

Glycemic Index:139.42, Glycemic Load:5.37, Inflammation Score:-9, Nutrition Score:46.096956408542%

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: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 1271.24kcal (63.56%), Fat: 66.94g (102.99%), Saturated Fat: 21.1g (131.91%), Carbohydrates: 107.43g (35.81%), Net Carbohydrates: 95.25g (34.64%), Sugar: 22.63g (25.14%), Cholesterol: 186.54mg (62.18%), Sodium: 4153.75mg (180.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.27g (132.54%), Selenium: 70µg (100%), Vitamin B3: 18mg (89.99%), Vitamin B6: 1.68mg (84.11%), Vitamin K: 83.65µg (79.67%), Phosphorus: 764.78mg (76.48%), Calcium: 601.15mg (60.12%), Vitamin A: 2796.56IU (55.93%), Vitamin C: 43.58mg (52.83%), Iron: 9.01mg (50.07%), Fiber: 12.18g (48.7%), Vitamin E: 7.25mg (48.31%), Manganese: 0.89mg (44.6%), Potassium: 1429.23mg (40.84%), Vitamin B2: 0.66mg (38.67%), Vitamin B5: 3.65mg (36.46%), Zinc: 4.66mg (31.06%), Magnesium: 116.42mg (29.11%), Vitamin B12: 1.63µg (27.22%), Folate: 102.26µg (25.56%), Copper: 0.38mg (19%), Vitamin B1: 0.27mg (17.99%), Vitamin D: 0.53µg (3.51%)