



Malaysian Chicken Pizza

READY IN



52 min.

SERVINGS



6

CALORIES



1460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 2 tablespoons peanut butter natural-style

- ☐ 12 inch uncook pizza crust
- ☐ 0.8 cup rice vinegar
- ☐ 0.5 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 3 ounces swiss cheese shredded
- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 50
- ☐ Combine first 8 ingredients in a bowl; stir well with a whisk.
- ☐ Heat a nonstick skillet over medium heat.
- ☐ Add canola oil to pan; swirl to coat.
- ☐ Add chicken; cook 2 minutes, stirring frequently.
- ☐ Remove chicken from pan.
- ☐ Pour rice vinegar mixture into pan; bring to a boil over medium-high heat. Cook 6 minutes or until slightly thickened. Return chicken to pan; cook 1 minute or until chicken is done. (
- ☐ Mixture will be consistency of thick syrup.)
- ☐ Sprinkle cheeses over prepared Basic Pizza Crust, leaving a 1/2-inch border; top with chicken mixture.
- ☐ Bake at 500 on bottom oven rack for 12 minutes or until crust is golden.
- ☐ Sprinkle with green onions.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



 PROTEIN 15.9%  FAT 20.2%  CARBS 63.9%

Properties

Glycemic Index:28, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:15.567826019681%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 1460.31kcal (73.02%), Fat: 32.54g (50.06%), Saturated Fat: 14.73g (92.09%), Carbohydrates: 231.64g (77.21%), Net Carbohydrates: 224.25g (81.55%), Sugar: 16.6g (18.44%), Cholesterol: 43.42mg (14.47%), Sodium: 2938.37mg (127.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.65g (115.3%), Iron: 12.92mg (71.75%), Calcium: 635.71mg (63.57%), Fiber: 7.39g (29.55%), Selenium: 18.62µg (26.59%), Phosphorus: 247.35mg (24.74%), Vitamin B3: 4.87mg (24.33%), Vitamin B6: 0.38mg (18.84%), Vitamin K: 10.94µg (10.42%), Manganese: 0.2mg (9.98%), Vitamin B12: 0.58µg (9.69%), Zinc: 1.38mg (9.17%), Magnesium: 36.33mg (9.08%), Vitamin B2: 0.15mg (8.97%), Vitamin E: 1.2mg (7.99%), Potassium: 265.78mg (7.59%), Vitamin B5: 0.73mg (7.28%), Vitamin A: 265.58IU (5.31%), Folate: 15.89µg (3.97%), Copper: 0.07mg (3.4%), Vitamin B1: 0.05mg (3.07%), Vitamin C: 1.92mg (2.33%)