



## Mexican Chicken Pizza

READY IN



25 min.

SERVINGS



25

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp cilantro leaves chopped
- 6 oz pizza low-moisture mozzarella & cheddar cheeses shredded kraft
- 0.5 cup pepper strips red
- 1 ready-to-use baked pizza crust
- 1.5 cups taco bellâ® & chunky salsa thick
- 0.5 lb chicken breasts boneless skinless cut into 1/2-inch chunks

### Equipment

- frying pan

oven

## Directions

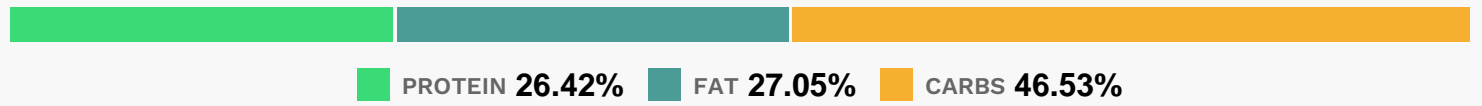
Heat oven to 400F.

Cook chicken in large skillet sprayed with cooking spray on medium heat 10 min. or until chicken is done, stirring occasionally. Stir in salsa; simmer on medium-low heat 5 min., stirring occasionally.

Spoon onto crust; top with remaining ingredients.

Bake 10 to 15 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:2.56, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:2.8521739004747%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 79.12kcal (3.96%), Fat: 2.38g (3.66%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 8.63g (3.14%), Sugar: 1.08g (1.2%), Cholesterol: 10.23mg (3.41%), Sodium: 244.54mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.47%), Selenium: 4.86µg (6.95%), Calcium: 66.58mg (6.66%), Phosphorus: 61.08mg (6.11%), Vitamin B3: 1.16mg (5.79%), Vitamin B6: 0.11mg (5.51%), Vitamin C: 4.22mg (5.12%), Vitamin A: 212.34IU (4.25%), Iron: 0.56mg (3.09%), Potassium: 88.01mg (2.51%), Vitamin B2: 0.04mg (2.42%), Fiber: 0.58g (2.33%), Zinc: 0.34mg (2.25%), Vitamin B12: 0.13µg (2.17%), Vitamin E: 0.29mg (1.93%), Vitamin B5: 0.18mg (1.76%), Magnesium: 6.89mg (1.72%), Manganese: 0.02mg (1.15%), Folate: 4.13µg (1.03%)