



Mexican Chicken Pizza with Cornmeal Crust

READY IN



40 min.

SERVINGS



6

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups flour all-purpose
- 1 tablespoon sugar
- 1.3 teaspoons yeast dry
- 0.3 teaspoon coarse salt (kosher or sea)
- 0.8 cup water
- 1 tablespoon olive oil
- 0.3 cup cornmeal yellow
- 1 serving cornmeal
- 8 oz cheddar cheese shredded

- 1.5 cups chicken shredded cooked
- 14.5 oz canned tomatoes plain diced fire roasted organic drained canned
- 0.3 cup spring onion sliced (4 medium)
- 0.3 cup cilantro leaves fresh chopped

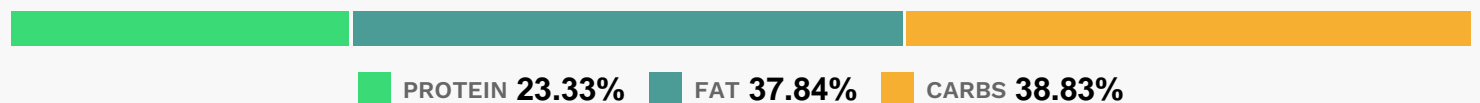
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 450°F. In medium bowl, mix 3/4 cup of the flour, the sugar, yeast and salt. Stir in warm water and oil. Beat with electric mixer on low speed 30 seconds. Beat on high speed 1 minute. Stir in 1/3 cup cornmeal and remaining 3/4 cup flour to make a soft dough.
- On lightly floured surface, knead dough until smooth and elastic, about 5 minutes. Cover; let rest 10 minutes.
- Spray large cookie sheet with cooking spray; sprinkle with additional cornmeal. On cookie sheet, press dough into 14x10-inch rectangle; prick with fork.
- Bake 8 to 10 minutes or until edges just begin to turn brown.
- Sprinkle with 1 cup of the cheese blend. Top with chicken, tomatoes and bell pepper.
- Sprinkle with remaining 1 cup cheese.
- Bake 6 to 8 minutes longer or until cheese is melted and edges are golden brown.
- Sprinkle with onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:57.68, Glycemic Load:23.28, Inflammation Score:-6, Nutrition Score:14.289565169293%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 395.52kcal (19.78%), Fat: 16.42g (25.26%), Saturated Fat: 7.55g (47.17%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 35.25g (12.82%), Sugar: 4.39g (4.88%), Cholesterol: 62.16mg (20.72%), Sodium: 461.99mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.56%), Selenium: 25.6µg (36.57%), Phosphorus: 296.13mg (29.61%), Calcium: 283.8mg (28.38%), Vitamin B3: 5.2mg (25.98%), Vitamin B1: 0.38mg (25.42%), Vitamin B2: 0.37mg (21.56%), Folate: 85.67µg (21.42%), Iron: 2.88mg (16.02%), Manganese: 0.31mg (15.33%), Zinc: 2.29mg (15.26%), Vitamin B6: 0.26mg (12.78%), Vitamin K: 13.16µg (12.53%), Vitamin A: 624.02IU (12.48%), Fiber: 2.66g (10.64%), Vitamin B12: 0.57µg (9.45%), Magnesium: 36.56mg (9.14%), Vitamin B5: 0.73mg (7.28%), Potassium: 200.77mg (5.74%), Copper: 0.11mg (5.63%), Vitamin E: 0.53mg (3.52%), Vitamin C: 2.2mg (2.66%), Vitamin D: 0.19µg (1.26%)