



Mexican Chicken Pizza with Cornmeal Crust

READY IN



40 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 teaspoons yeast dry
- 0.3 teaspoon coarse salt (kosher or sea)
- 6 servings cornmeal
- 14.5 oz canned tomatoes plain diced fire roasted organic drained canned
- 1.5 cups flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup spring onion sliced (4 medium)
- 1 tablespoon olive oil
- 1.5 cups chicken shredded cooked

- 8 oz cheddar cheese shredded
- 1 tablespoon sugar
- 0.8 cup water
- 0.3 cup cornmeal yellow

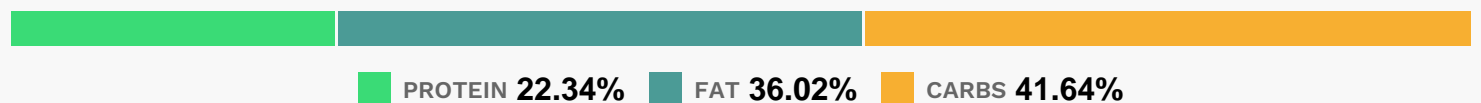
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 450F. 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:26.91, Inflammation Score:-7, Nutrition Score:15.27086945202%

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: 427.52kcal (21.38%), Fat: 16.91g (26.01%), Saturated Fat: 7.63g (47.71%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 40.54g (14.74%), Sugar: 4.52g (5.03%), Cholesterol: 62.16mg (20.72%), Sodium: 462.32mg (20.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.2%), Selenium: 26.1µg (37.28%), Phosphorus: 314.88mg (31.49%), Calcium: 284.3mg (28.43%), Vitamin B1: 0.41mg (27.08%), Vitamin B3: 5.4mg (27.01%), Folate: 88.5µg (22.13%), Vitamin B2: 0.37mg (22.02%), Manganese: 0.36mg (18%), Iron: 3.13mg (17.4%), Zinc: 2.55mg (16.98%), Vitamin B6: 0.3mg (15.23%), Fiber: 3.44g (13.77%), Vitamin K: 13.18µg (12.55%), Vitamin A: 624.02IU (12.48%), Magnesium: 45.48mg (11.37%), Vitamin B12: 0.57µg (9.45%), Vitamin B5: 0.78mg (7.78%), Copper: 0.13mg (6.64%), Potassium: 227.61mg (6.5%), Vitamin E: 0.56mg (3.72%), Vitamin C: 2.2mg (2.66%), Vitamin D: 0.19µg (1.26%)