



## Peking Chicken Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons barbecue sauce
- 2 tablespoons cornmeal all-purpose
- 3 tablespoons peking duck sauce
- 2 cups monterey jack shredded
- 4 servings olive oil extra-virgin for drizzling
- 1 package pizza dough store bought (you are making 1 12-inch pie)
- 0.3 bell pepper red chopped
- 4 servings salt and pepper (recommended: Montreal Seasoning by McCormick)
- 2 scallions chopped

- 2 tablespoons sesame seed
- 0.5 pound chicken breast thin cut boneless skinless (cutlets)

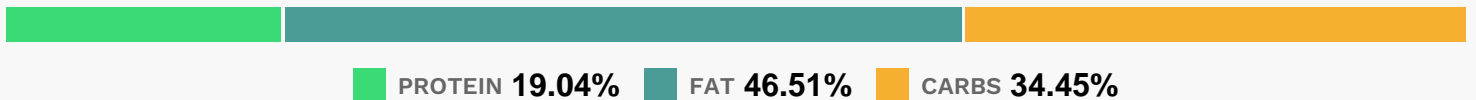
## Equipment

- frying pan
- oven
- pizza pan
- grill
- grill pan

## Directions

- Preheat oven to 450 degrees F.
- Heat a grill pan over high heat.
- Drizzle oil over chicken cutlets and season with grill seasoning blend or salt and pepper. Grill chicken 3 or 4 minutes on each side. Slice chicken into very thin strips.
- Sprinkle a pizza pan or baking stone with cornmeal or flour. Press dough into a pizza shell, working all the way to edges of the pan.
- Sprinkle the edges of your dough with sesame seeds. Cover the pie with 3 tablespoons each plum sauce or duck sauce and barbecue sauce. Cover pie with cheese. Top with sliced chicken and scallions and red pepper.
- Bake 12 to 15 minutes, until crisp and cheese is bubbly.
- Cut into 8 slices.

## Nutrition Facts



## Properties

Glycemic Index:50.25, Glycemic Load:2.52, Inflammation Score:-6, Nutrition Score:17.972173949947%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## **Nutrients (% of daily need)**

Calories: 728.83kcal (36.44%), Fat: 37.91g (58.32%), Saturated Fat: 14.12g (88.22%), Carbohydrates: 63.15g (21.05%), Net Carbohydrates: 60.59g (22.03%), Sugar: 11.17g (12.42%), Cholesterol: 86.57mg (28.86%), Sodium: 1519.2mg (66.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.92g (69.84%), Calcium: 475.03mg (47.5%), Selenium: 29.25µg (41.79%), Phosphorus: 409.05mg (40.91%), Vitamin B3: 6.7mg (33.48%), Vitamin B6: 0.55mg (27.44%), Iron: 4.5mg (25%), Vitamin K: 22.99µg (21.89%), Vitamin B2: 0.34mg (19.76%), Vitamin E: 2.54mg (16.92%), Zinc: 2.45mg (16.35%), Vitamin A: 780.07IU (15.6%), Vitamin C: 11.48mg (13.91%), Magnesium: 50.38mg (12.59%), Copper: 0.23mg (11.45%), Potassium: 378.07mg (10.8%), Fiber: 2.57g (10.28%), Vitamin B5: 1mg (10.03%), Vitamin B12: 0.58µg (9.71%), Manganese: 0.19mg (9.5%), Vitamin B1: 0.12mg (7.92%), Folate: 31.56µg (7.89%), Vitamin D: 0.4µg (2.64%)