



Santa Fe Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large pepper flakes seeded cut into thin rounds,
- 6 tablespoons corn kernels frozen thawed drained
- 6 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 10 ounce uncook pizza crust thin
- 0.5 cup onion red thinly sliced
- 2 cups chicken tenderloins
- 0.7 cup salsa fresh refrigerated drained
- 1.8 cups sharp cheddar cheese grated

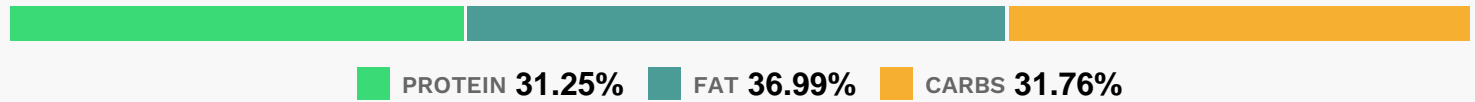
Equipment

- baking sheet
- oven

Directions

- Position rack in center of oven and preheat to 425°F.
- Place crust on rimless baking sheet. Leaving 3/4-inch plain border, sprinkle 1 cup cheese, chicken strips and cumin over crust. Top with onion, 4 tablespoons corn, 4 tablespoons cilantro, 3/4 cup cheese, jalapeños and 2 tablespoons corn.
- Bake pizza until crust is crisp and topping is heated through, about 13 minutes. Top with salsa and remaining 2 tablespoons cilantro.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:16.048695704211%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 383.57kcal (19.18%), Fat: 15.75g (24.23%), Saturated Fat: 7.9g (49.4%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 28.42g (10.33%), Sugar: 3.95g (4.39%), Cholesterol: 83.43mg (27.81%), Sodium: 779.76mg (33.9%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 29.94g (59.87%), Selenium: 35.07µg (50.09%), Vitamin B3: 8.93mg (44.64%), Vitamin B6: 0.76mg (38.15%), Phosphorus: 343.95mg (34.39%), Vitamin C: 24.39mg (29.57%), Calcium: 295.43mg (29.54%), Vitamin B2: 0.26mg (15.55%), Vitamin B5: 1.42mg (14.2%), Potassium: 484.05mg (13.83%), Vitamin A: 671.4IU (13.43%), Zinc: 1.84mg (12.29%), Iron: 2.09mg (11.62%), Magnesium: 41.16mg (10.29%), Vitamin B12: 0.51µg (8.45%), Fiber: 2.01g (8.04%), Vitamin B1: 0.09mg (6.26%), Vitamin E: 0.88mg (5.9%), Manganese: 0.12mg (5.86%), Folate: 22.95µg (5.74%), Vitamin K: 5.56µg (5.3%), Copper: 0.08mg (4.14%), Vitamin D: 0.28µg (1.84%)