

Satay Chicken Pizza

READY IN



27 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch spring onion chopped
- 1 cup satay sauce prepared
- 4 4-inch wholewheat pita breads ()
- 4 slices provolone cheese
- 2 chicken breast halves boneless skinless chopped
- 1 tablespoon vegetable oil

Equipment

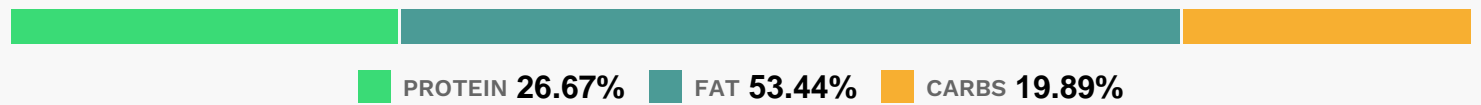
- frying pan

- baking sheet
- oven
- pizza cutter

Directions

- Heat oil in a skillet over high heat.
- Saute chicken pieces in hot oil for 6 to 7 minutes. Do not overcook!
- Preheat oven to 425 degrees F (220 degrees C).
- To Assemble Pizza: Spoon 1/4 of peanut sauce onto each pita.
- Sprinkle 1/4 of the browned chicken and 1/4 of the scallions on top of each. Top each 'pizza' with 1 slice cheese.
- Place on a lightly greased cookie sheet and bake in the preheated oven for 10 to 12 minutes, until the cheese is melted and bubbly.
- Let stand for 1 to 2 minutes outside of oven before you cut with a pizza cutter.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.72, Inflammation Score:-3, Nutrition Score:8.7195651868115%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 322.39kcal (16.12%), Fat: 18.29g (28.13%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 15.14g (5.5%), Sugar: 10.68g (11.87%), Cholesterol: 49.27mg (16.42%), Sodium: 1045mg (45.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.54g (41.08%), Vitamin B3: 5.98mg (29.88%), Selenium: 20.87µg (29.82%), Vitamin B6: 0.44mg (22.05%), Phosphorus: 216.08mg (21.61%), Vitamin K: 19.2µg (18.29%), Calcium: 151.65mg (15.16%), Vitamin B5: 0.9mg (9.04%), Vitamin B2: 0.12mg (7.25%), Potassium: 253.03mg (7.23%), Vitamin B12: 0.39µg (6.51%), Zinc: 0.97mg (6.49%), Magnesium: 21.47mg (5.37%), Vitamin A: 243.97IU (4.88%), Vitamin E: 0.46mg (3.08%), Vitamin B1: 0.05mg (3.05%), Iron: 0.41mg (2.29%), Vitamin C: 1.81mg (2.19%), Folate: 8.24µg (2.06%), Copper: 0.03mg (1.34%), Manganese: 0.02mg (1.24%), Vitamin D: 0.15µg (1.01%)