



Saute Express® Saute Starter Thai Chicken Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



2032 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups broccoli slaw
- ☐ 1 square savory butter & saute starter olive oil saute express®
- ☐ 3 tablespoons green onions sliced
- ☐ 0.3 cup bottled thai peanut sauce
- ☐ 0.5 cup pepper jack cheese shredded
- ☐ 12 inch pizza crust prepared thin
- ☐ 0.5 pound chicken breasts boneless skinless

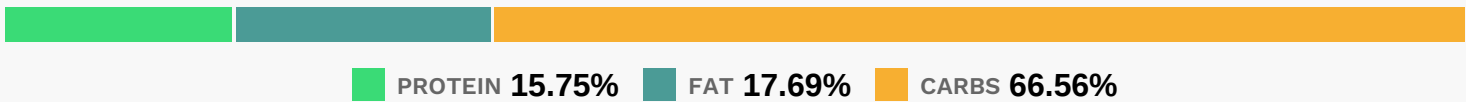
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450 degrees F.
- ☐ Cut chicken into bite-sized pieces.
- ☐ Melt
- ☐ Saute Express® square in 10-inch nonstick skillet over medium-low heat just until bubbles begin to form.
- ☐ Add chicken.
- ☐ Saute 4-5 minutes or until chicken is done.
- ☐ Spread peanut sauce over pizza crust. Top with broccoli slaw, green onions, cheese and chicken.
- ☐ Place pizza directly on oven rack.
- ☐ Bake 10-12 minutes or until cheese is melted. Top with cilantro and peanuts.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:19.477826183257%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 2031.67kcal (101.58%), Fat: 39.65g (60.99%), Saturated Fat: 18.56g (115.99%), Carbohydrates: 335.61g (111.87%), Net Carbohydrates: 325.25g (118.27%), Sugar: 13.89g (15.43%), Cholesterol: 49.4mg (16.47%), Sodium: 4036.15mg (175.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.42g (158.85%), Iron: 19.13mg (106.28%), Calcium: 744.76mg (74.48%), Vitamin C: 34.44mg (41.74%), Fiber: 10.35g (41.42%), Vitamin B3: 6.18mg

(30.88%), Selenium: 21.28µg (30.4%), Vitamin B6: 0.49mg (24.74%), Phosphorus: 206.81mg (20.68%), Vitamin B5: 1.03mg (10.3%), Potassium: 348.47mg (9.96%), Vitamin K: 9.8µg (9.33%), Vitamin B2: 0.16mg (9.26%), Folate: 32.77µg (8.19%), Magnesium: 28.29mg (7.07%), Vitamin A: 317.99IU (6.36%), Zinc: 0.91mg (6.08%), Manganese: 0.1mg (4.91%), Vitamin B1: 0.06mg (4.26%), Vitamin B12: 0.23µg (3.85%), Copper: 0.04mg (1.97%), Vitamin E: 0.17mg (1.17%)