



Southwest Chicken Pizza

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce southwest-flavor grilled chicken breast strips coarsely chopped
- ☐ 0.3 cup whole-kernel corn frozen thawed drained
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 jalapeno seeded chopped
- ☐ 4 ounces monterrey jack cheese shredded divided
- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- ☐ 0.5 cup onion red thinly sliced

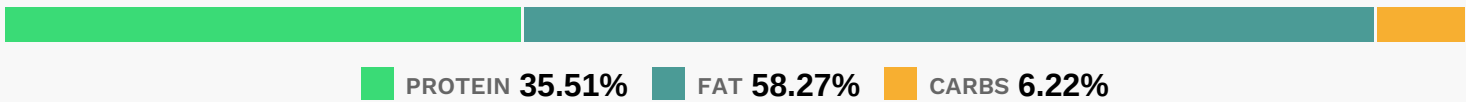
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place pizza crust on an ungreased baking sheet.
- ☐ Sprinkle 1/2 cup cheese evenly over crust, leaving a 1/2-inch border around edges. Top with chicken and next 3 ingredients.
- ☐ Sprinkle with 1/2 cup cheese.
- ☐ Bake at 450 for 8 to 10 minutes or until cheese melts.
- ☐ Sprinkle with cilantro.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:4.5765217516733%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 210.82kcal (10.54%), Fat: 14.01g (21.56%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.01g (1.09%), Sugar: 0.87g (0.97%), Cholesterol: 37.78mg (12.59%), Sodium: 182.62mg (7.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.42%), Calcium: 182.59mg (18.26%), Vitamin B3: 3.03mg (15.16%), Phosphorus: 117.96mg (11.8%), Selenium: 8.02µg (11.46%), Vitamin B6: 0.16mg (8.04%), Vitamin B2: 0.09mg (5.28%), Zinc: 0.68mg (4.53%), Vitamin C: 2.95mg (3.58%), Vitamin B12: 0.19µg (3.17%), Magnesium: 12.17mg (3.04%), Vitamin A: 142.36IU (2.85%), Vitamin B5: 0.28mg (2.78%), Potassium: 94.39mg (2.7%), Folate: 8.36µg (2.09%), Iron: 0.37mg (2.05%), Vitamin B1: 0.02mg (1.66%), Fiber: 0.36g (1.43%), Manganese: 0.03mg (1.4%), Vitamin E: 0.17mg (1.12%), Copper: 0.02mg (1.11%), Vitamin K: 1.09µg (1.04%)