



Spicy Chinese Pizza

READY IN



40 min.

SERVINGS



8

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.8 pound chicken breast boneless skinless cut into 1/2-inch pieces
- 1 teaspoon ginger finely chopped
- 8 ounces tomato sauce canned
- 1 tablespoon chili puree with garlic
- 1 teaspoon soya sauce
- 16 ounces uncook pizza crust ready-to-serve (12 to 14 inches in diameter)
- 8 ounces water chestnuts drained sliced canned
- 0.5 cup snow peas chinese ()

- 0.3 cup onion red sliced
- 8 ounces mozzarella cheese shredded
- 1 tablespoon cilantro leaves fresh chopped

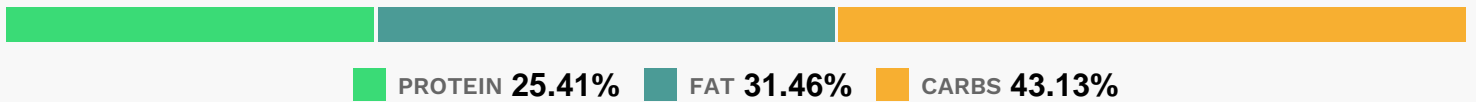
Equipment

- frying pan
- oven
- wok

Directions

- Heat oven to 375°F.
- Heat wok or 10-inch skillet over high heat.
- Add oil; rotate wok to coat side.
- Add chicken and gingerroot; stir-fry 2 to 3 minutes or until chicken is no longer pink in center. Reduce heat to medium. Stir in tomato sauce, chili puree and soy sauce.
- Spoon chicken mixture onto pizza crust to within 1/2 inch of edge. Top with water chestnuts, pea pods and onion.
- Sprinkle with cheese.
- Bake 15 to 20 minutes or until pizza is hot and cheese is melted.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:10.704782527426%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 339.23kcal (16.96%), Fat: 11.84g (18.22%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 33.68g (12.25%), Sugar: 3.91g (4.35%), Cholesterol: 49.61mg (16.54%), Sodium: 708.01mg (30.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.53g (43.06%), Selenium: 18.99µg (27.13%), Vitamin B3: 4.98mg (24.91%), Vitamin B6: 0.45mg (22.34%), Phosphorus: 212.08mg (21.21%), Calcium: 206.89mg (20.69%), Iron: 2.69mg (14.94%), Vitamin B12: 0.73µg (12.19%), Fiber: 2.86g (11.43%), Potassium: 340.12mg (9.72%), Vitamin B2: 0.16mg (9.41%), Zinc: 1.34mg (8.91%), Vitamin C: 7.26mg (8.8%), Vitamin B5: 0.85mg (8.54%), Vitamin A: 397.33IU (7.95%), Magnesium: 25.8mg (6.45%), Vitamin E: 0.93mg (6.2%), Vitamin K: 6.46µg (6.15%), Manganese: 0.12mg (5.95%), Copper: 0.1mg (5.03%), Vitamin B1: 0.06mg (4.01%), Folate: 12.82µg (3.21%), Vitamin D: 0.16µg (1.04%)