



## Spicy Grilled Thai Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup carrots shredded
- 1.5 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons spring onion chopped
- 0.3 cup satay sauce
- 2 tablespoons peanuts coarsely chopped
- 10 oz uncook pizza crust italian (8 inch)
- 0.7 cup mozzarella cheese shredded finely

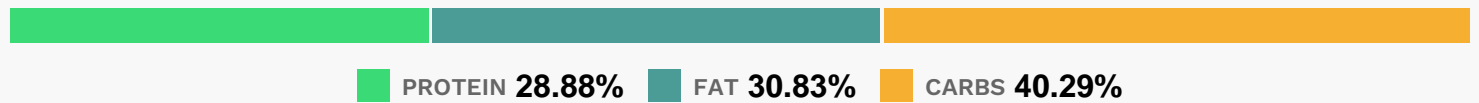
## Equipment

- grill
- aluminum foil

## Directions

- Heat gas or charcoal grill.
- Spread each pizza crust with 2 tablespoons of the peanut sauce. Top each pizza with chicken, carrot, onions and peanuts.
- Sprinkle with cheese.
- Place sheet of heavy-duty foil on grill; place pizzas on foil over medium heat. Cover grill; cook 8 to 10 minutes, moving pizzas around grill every 2 minutes to prevent bottoms from burning, until cheese is melted.
- Sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:38.02, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:12.629130487857%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 411.12kcal (20.56%), Fat: 13.88g (21.35%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 38.72g (14.08%), Sugar: 4.7g (5.22%), Cholesterol: 59.37mg (19.79%), Sodium: 753.2mg (32.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.5%), Vitamin A: 2853.58IU (57.07%), Vitamin B3: 8.19mg (40.95%), Selenium: 18.06µg (25.8%), Phosphorus: 211.99mg (21.2%), Vitamin B6: 0.36mg (18.18%), Calcium: 179.44mg (17.94%), Iron: 2.85mg (15.82%), Vitamin B12: 0.6µg (10.07%), Vitamin K: 9.53µg (9.08%), Manganese: 0.18mg (8.75%), Fiber: 2.08g (8.31%), Zinc: 1.23mg (8.18%), Magnesium: 30.93mg (7.73%), Vitamin B2: 0.13mg (7.73%), Potassium: 246.31mg (7.04%), Vitamin B5: 0.67mg (6.68%), Vitamin B1: 0.09mg (5.9%), Folate: 20.49µg (5.12%), Copper: 0.08mg (4.15%), Vitamin E: 0.3mg (2.03%), Vitamin C: 1.56mg (1.89%)