



Sweet Sesame Chicken Pizza

READY IN



40 min.

SERVINGS



8

CALORIES



1076 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sesame seed black
- ☐ 6 ounces grilled chicken strips
- ☐ 0.5 small bell pepper green julienned
- ☐ 2 tablespoons green onion thinly sliced dole®
- ☐ 1 tablespoon honey
- ☐ 8 ounce dole® pineapple tidbits canned drained
- ☐ 1 cup pizza cheese blend
- ☐ 12 inch pizza crust
- ☐ 2 tablespoons ginger plum sauce

- ☐ 0.5 cup thai chili sauce sweet
- ☐ 1 teaspoon sesame seed white

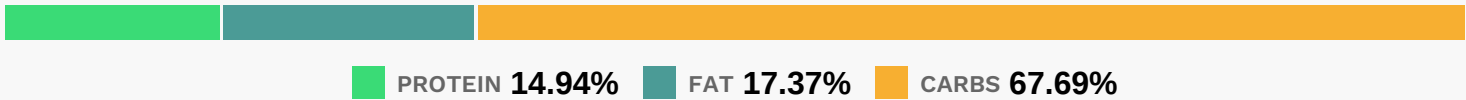
Equipment

- ☐ oven

Directions

- ☐ Toss chicken strips with plum sauce to coat.
- ☐ Brush rim of crust with honey and sprinkle over white and black sesame seeds.
- ☐ Spread sauce evenly over crust. Top with remaining ingredients.
- ☐ Bake at 450 degrees F 12 to 15 minutes.
- ☐ Garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:20.53, Glycemic Load:1.18, Inflammation Score:1, Nutrition Score:7.7556523071683%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 1075.8kcal (53.79%), Fat: 20.74g (31.9%), Saturated Fat: 8.69g (54.3%), Carbohydrates: 181.76g (60.59%), Net Carbohydrates: 175.96g (63.99%), Sugar: 19.08g (21.2%), Cholesterol: 18.75mg (6.25%), Sodium: 2026.02mg (88.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.11g (80.22%), Iron: 9.75mg (54.15%), Calcium: 350.38mg (35.04%), Fiber: 5.8g (23.19%), Vitamin B3: 1.86mg (9.3%), Vitamin C: 6.7mg (8.12%), Selenium: 5.56µg (7.95%), Vitamin B6: 0.13mg (6.4%), Phosphorus: 48.58mg (4.86%), Copper: 0.07mg (3.59%), Vitamin K: 3.65µg (3.47%), Vitamin B1: 0.05mg (3.36%), Potassium: 112.08mg (3.2%), Magnesium: 11.86mg (2.96%), Zinc: 0.42mg (2.78%), Vitamin B2: 0.05mg (2.7%), Vitamin B5: 0.22mg (2.17%), Manganese: 0.03mg (1.57%), Folate: 4.73µg (1.18%), Vitamin A: 57.05IU (1.14%), Vitamin B12: 0.06µg (1.03%)