



Tandoori Chicken Pizza

READY IN



68 min.

SERVINGS



2

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp cilantro leaves chopped
- 2 Tbsp knudsen cream sour
- 1.5 tsp gingerroot grated
- 0.5 tsp ground cinnamon
- 0.5 tsp ground cloves
- 0.5 tsp ground cumin
- 0.3 cup athenos original hummus
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft

- 2 pocketless pita breads
- 0.5 cup roasted pepper strips red
- 0.5 lb chicken breasts boneless skinless

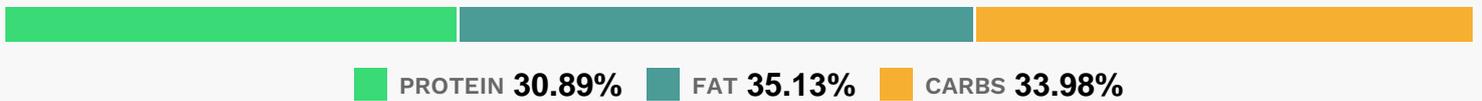
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400F.
- Mix first 5 ingredients; pour over chicken in shallow dish. Turn to evenly coat chicken. Refrigerate 30 min. to marinate.
- Remove chicken from marinade; discard marinade. Cook chicken in covered nonstick skillet on medium-high heat 4 min.; turn. Cook, uncovered, 5 to 6 min. or until done (165F).
- Remove from skillet; cool 5 min.
- Cut into thin slices.
- Place breads on baking sheet; spread with hummus. Top with chicken, peppers and cheese.
- Bake 5 to 8 min. or until toppings are heated through and cheese is melted. Top with cilantro and sour cream.

Nutrition Facts



Properties

Glycemic Index:88.75, Glycemic Load:29.71, Inflammation Score:-6, Nutrition Score:24.427826171336%

Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 512.21kcal (25.61%), Fat: 19.85g (30.54%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 39.09g (14.22%), Sugar: 3.96g (4.41%), Cholesterol: 97.57mg (32.52%), Sodium: 1498.87mg (65.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.27g (78.54%), Vitamin B3: 13.53mg (67.66%), Selenium: 42.35µg (60.5%), Manganese: 1.04mg (52.21%), Vitamin B6: 1.04mg (52.19%), Phosphorus: 500.9mg (50.09%), Calcium: 329.76mg (32.98%), Vitamin C: 18.11mg (21.95%), Magnesium: 83.16mg (20.79%), Vitamin B1: 0.3mg (20.28%), Potassium: 696.58mg (19.9%), Vitamin B5: 1.96mg (19.65%), Vitamin K: 19.52µg (18.59%), Vitamin B2: 0.31mg (18.07%), Copper: 0.36mg (17.99%), Zinc: 2.64mg (17.61%), Fiber: 4.11g (16.46%), Iron: 2.84mg (15.8%), Folate: 52.97µg (13.24%), Vitamin A: 481.36IU (9.63%), Vitamin B12: 0.48µg (8.03%), Vitamin E: 1.04mg (6.9%), Vitamin D: 0.2µg (1.32%)