



Teriyaki Chicken Pizza

READY IN



120 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup feta cheese crumbled
- ☐ 1 teaspoon garlic minced
- ☐ 15 ounce pineapple chunks with juice reserved drained canned
- ☐ 20 ounce pizza crust dough refrigerated canned
- ☐ 1 cup cheddar cheese shredded
- ☐ 2 chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 1 small onions sweet thinly sliced
- ☐ 1 cup teriyaki sauce

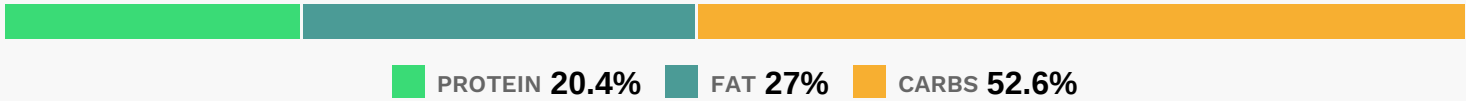
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pizza pan
- ☐ baking pan

Directions

- ☐ Combine reserved pineapple juice, chicken, and garlic in a small baking dish. Cover, and refrigerate for 1 hour.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Remove chicken from pineapple.
- ☐ Saute chicken and garlic in a very hot pan, so that the chicken browns just slightly.
- ☐ Roll out pizza dough on a 16 inch pizza pan.
- ☐ Bake dough for approximately 7 minutes, and then remove from oven.
- ☐ Brush dough with a thin layer of teriyaki sauce, then a layer of the onion, and top with Cheddar cheese. Then top with chicken, reserved pineapple chunks, and feta cheese.
- ☐ Bake for an additional 15 minutes, or until cheese is bubbly and slightly browned.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:10.632608797239%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 391.6kcal (19.58%), Fat: 11.86g (18.25%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 49.84g (18.12%), Sugar: 19.18g (21.31%), Cholesterol: 48.89mg (16.3%), Sodium: 2234.02mg (97.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.34%), Phosphorus: 258.11mg (25.81%), Selenium: 16.72µg (23.88%), Calcium: 220.17mg (22.02%), Vitamin B6: 0.44mg (21.76%), Vitamin B3: 3.81mg (19.03%), Vitamin B2: 0.29mg (17.28%), Iron: 3.04mg (16.87%), Magnesium: 48.47mg (12.12%), Potassium: 324.68mg (9.28%), Zinc: 1.37mg (9.13%), Vitamin C: 7.44mg (9.02%), Vitamin B1: 0.13mg (8.92%), Vitamin B12: 0.52µg (8.72%), Fiber: 2.17g (8.68%), Vitamin B5: 0.76mg (7.57%), Copper: 0.14mg (6.77%), Folate: 25.16µg (6.29%), Vitamin A: 256.16IU (5.12%), Manganese: 0.05mg (2.43%), Vitamin E: 0.21mg (1.42%), Vitamin D: 0.19µg (1.25%), Vitamin K: 1.24µg (1.18%)