



Thai Chicken Party" Pizza

READY IN



35 min.

SERVINGS



2

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pizza cheese frozen
- ☐ 0.3 cup chicken shredded cooked
- ☐ 3 tablespoons satay sauce
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.3 cup carrots shredded
- ☐ 1 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons peanuts chopped

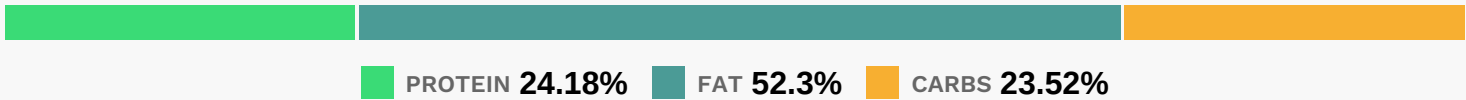
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F.
- ☐ Place frozen pizza on ungreased cookie sheet. Top with chicken, peanut sauce and red pepper.
- ☐ Bake 15 to 17 minutes or until center is thoroughly heated and cheese is melted.
- ☐ Remove pizza from oven. Top with carrot, cilantro and peanuts.

Nutrition Facts



Properties

Glycemic Index:62.54, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:10.952608714933%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 169.92kcal (8.5%), Fat: 9.87g (15.18%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8.05g (2.93%), Sugar: 5.71g (6.34%), Cholesterol: 17.6mg (5.87%), Sodium: 349.34mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.53%), Vitamin A: 4170.16IU (83.4%), Vitamin C: 25.15mg (30.49%), Vitamin B3: 3.83mg (19.13%), Manganese: 0.32mg (16.01%), Vitamin B6: 0.21mg (10.72%), Phosphorus: 96.01mg (9.6%), Folate: 37.91µg (9.48%), Selenium: 6.5µg (9.29%), Fiber: 1.94g (7.78%), Magnesium: 28.55mg (7.14%), Vitamin B1: 0.11mg (7.08%), Potassium: 236.44mg (6.76%), Copper: 0.12mg (5.83%), Vitamin B5: 0.52mg (5.22%), Iron: 0.82mg (4.56%), Vitamin B2: 0.08mg (4.49%), Zinc: 0.67mg (4.44%), Vitamin K: 4.35µg (4.14%), Vitamin E: 0.44mg (2.93%), Calcium: 22.88mg (2.29%), Vitamin B12: 0.07µg (1.13%)