



 **5%**
HEALTH SCORE

Thai Chicken Pizza

READY IN



20 min.

SERVINGS



8

CALORIES



1129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup carrots shredded
- 0.5 cup bean sprouts fresh
- 1 bunch spring onion chopped
- 1 cup pizza cheese shredded italian
- 0.3 cup peanut butter
- 7 ounce satay sauce
- 12 inch uncook pizza crust
- 1 tablespoon roasted peanuts chopped
- 8 ounces chicken breast halves boneless skinless cooked cut into strips

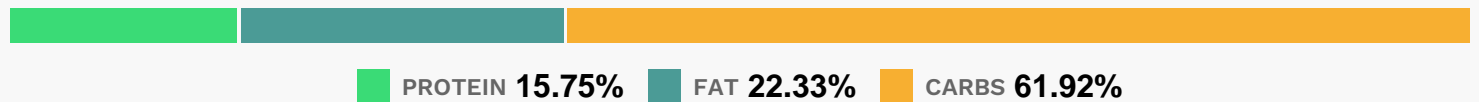
Equipment

- bowl
- oven

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- In a small bowl, stir together the peanut sauce and peanut butter.
- Spread over the pizza crust. Arrange strips of chicken on top.
- Sprinkle on the green onions and cheese.
- Bake for 8 to 12 minutes in the preheated oven, until cheese is melted and bubbly. Top with bean sprouts, carrot shreds and peanuts, if using. Slice into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:11.370869683183%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 1129kcal (56.45%), Fat: 27.89g (42.91%), Saturated Fat: 9.33g (58.32%), Carbohydrates: 174.06g (58.02%), Net Carbohydrates: 168.02g (61.1%), Sugar: 11.06g (12.29%), Cholesterol: 20.94mg (6.98%), Sodium: 2253.79mg (97.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.28g (88.57%), Iron: 9.62mg (53.45%), Calcium: 348.41mg (34.84%), Vitamin A: 1376.26IU (27.53%), Fiber: 6.04g (24.14%), Vitamin B3: 4.36mg (21.79%), Selenium: 9.56µg (13.66%), Vitamin B6: 0.27mg (13.5%), Phosphorus: 99.12mg (9.91%), Vitamin K: 9.49µg (9.04%), Manganese: 0.18mg (9.02%), Magnesium: 26.02mg (6.51%), Potassium: 203.63mg (5.82%), Vitamin E: 0.86mg (5.76%), Vitamin B5: 0.56mg (5.56%), Folate: 17.05µg (4.26%), Vitamin B2: 0.06mg (3.52%), Copper: 0.07mg (3.33%), Vitamin B1: 0.05mg (3.04%), Zinc: 0.45mg (3.01%), Vitamin C: 2.23mg (2.71%)