



Thai Chicken Pizza

READY IN



28 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 3 green onions chopped
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 ounces parmesan cheese grated

- ☐ 0.5 basic pizza dough prepared uncooked
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.8 cup rice vinegar
- ☐ 1 cup rotisserie chicken cut shredded
- ☐ 2 ounces swiss cheese shredded

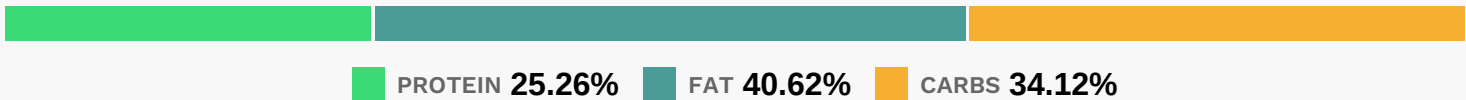
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Preheat oven to 45
- ☐ (For a crispy crust, preheat a pizza stone on the lowest rack in the oven.)
- ☐ Combine first 7 ingredients in a skillet over medium-high heat. Bring to a boil, reduce heat, and simmer, stirring often, 5 minutes or until thickened and reduced (
- ☐ Mixture should be thick like pizza sauce.)
- ☐ Roll dough to 1/4-inch thickness on a floured baking sheet or pizza peel.
- ☐ Brush edges of crust with olive oil.
- ☐ Spread sauce to edges of crust; top with chicken and cheeses.
- ☐ If desired, transfer pizza to pizza stone dusted with cornmeal or semolina flour; bake 10 to 12 minutes.
- ☐ Remove from oven; sprinkle with green onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:9.7147826202538%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 514.95kcal (25.75%), Fat: 23.14g (35.6%), Saturated Fat: 8.49g (53.07%), Carbohydrates: 43.72g (14.57%), Net Carbohydrates: 42.1g (15.31%), Sugar: 15.32g (17.02%), Cholesterol: 82.3mg (27.43%), Sodium: 1359.4mg (59.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.75%), Calcium: 330.03mg (33%), Phosphorus: 234.34mg (23.43%), Vitamin K: 24.46µg (23.3%), Selenium: 10.35µg (14.79%), Manganese: 0.28mg (14.13%), Iron: 2.12mg (11.79%), Zinc: 1.64mg (10.93%), Vitamin E: 1.58mg (10.56%), Vitamin B12: 0.62µg (10.32%), Magnesium: 39.25mg (9.81%), Vitamin B2: 0.16mg (9.27%), Vitamin A: 434.67IU (8.69%), Vitamin B3: 1.38mg (6.88%), Fiber: 1.62g (6.46%), Vitamin B6: 0.12mg (5.95%), Potassium: 202.41mg (5.78%), Folate: 22.81µg (5.7%), Copper: 0.08mg (4.12%), Vitamin C: 2.52mg (3.05%), Vitamin B5: 0.29mg (2.87%), Vitamin B1: 0.03mg (2.14%)