



Thai Chicken Pizza with Sweet Chili Sauce

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



1850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful bean sprouts
- ☐ 1 carrots julienned
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 cup meat from a rotisserie chicken cooked
- ☐ 1 handful basil chopped
- ☐ 2 green onions sliced
- ☐ 1 pizza dough
- ☐ 0.5 bell pepper red sliced

- ☐ 1 handful roasted peanuts chopped
- ☐ 1 cup mozzarella cheese shredded
- ☐ 0.5 cup chili sauce sweet

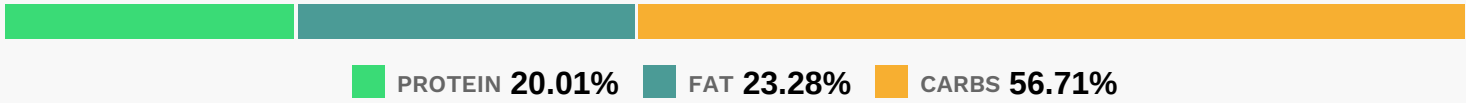
Equipment

- ☐ oven

Directions

- ☐ Roll the dough out into a disc roughly 12 inches across and spread the sweet chili sauce over it.
- ☐ Sprinkle the chicken, carrot, bean sprouts green onions, cheese and peanuts onto the pizza.
- ☐ Bake in a preheated 500F oven until golden brown on top, about 5–10 minutes.
- ☐ Sprinkle the peanuts, basil and cilantro on to the pizza.

Nutrition Facts



Properties

Glycemic Index:239.83, Glycemic Load:3.74, Inflammation Score:-10, Nutrition Score:42.551303790963%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 1849.94kcal (92.5%), Fat: 48.1g (73.99%), Saturated Fat: 20.41g (127.59%), Carbohydrates: 263.57g (87.86%), Net Carbohydrates: 253.11g (92.04%), Sugar: 92.37g (102.64%), Cholesterol: 193.48mg (64.49%), Sodium: 4963.79mg (215.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.03g (186.05%), Vitamin A: 13483.04IU (269.66%), Vitamin C: 85.84mg (104.05%), Vitamin K: 84.25µg (80.24%), Selenium: 53.87µg (76.95%), Iron: 13.7mg (76.13%), Phosphorus: 718.43mg (71.84%), Vitamin B3: 12.68mg (63.39%), Calcium: 631.33mg (63.13%), Vitamin B12: 2.96µg (49.33%), Vitamin B6: 0.9mg (45%), Fiber: 10.46g (41.85%), Zinc: 5.85mg (38.98%), Vitamin B2: 0.64mg (37.53%), Potassium: 828.7mg (23.68%), Vitamin B5: 1.94mg (19.37%), Magnesium: 75.27mg (18.82%), Folate: 74.87µg (18.72%), Manganese: 0.32mg (15.75%), Vitamin B1: 0.21mg (14.22%), Vitamin E: 1.8mg (12.03%), Copper: 0.17mg (8.73%), Vitamin D: 0.45µg (2.99%)