



Thai Chicken Pizzas

READY IN



30 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 0.5 cup peanut butter
- 0.3 cup soya sauce
- 2 tablespoons seasoned rice vinegar
- 2 teaspoons sugar
- 8 ounces mozzarella cheese shredded
- 2 cups roasted chicken cooked chopped
- 1 pound savory vegetable frozen thawed drained

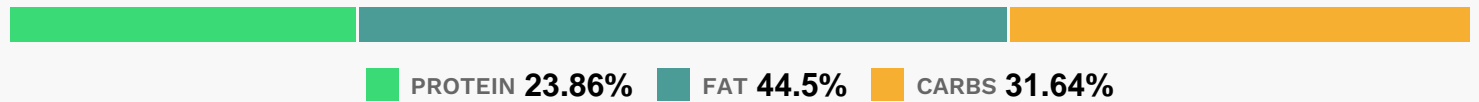
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400°.
- Place tortillas on ungreased cookie sheet.
- Bake about 5 minutes or until crisp.
- Mix peanut butter, soy sauce, vinegar and sugar; spread over tortillas. Top each with 1/4 cup of the cheese.
- Spread chicken and vegetables evenly over tortillas.
- Sprinkle with remaining 1/2 cup cheese.
- Bake 10 to 15 minutes or until pizzas are hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:13.08, Inflammation Score:-10, Nutrition Score:24.554782442425%

Nutrients (% of daily need)

Calories: 539kcal (26.95%), Fat: 27.09g (41.67%), Saturated Fat: 9.58g (59.88%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 37.39g (13.6%), Sugar: 6.07g (6.75%), Cholesterol: 64.86mg (21.62%), Sodium: 1322.4mg (57.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.37%), Vitamin A: 4113.56IU (82.27%), Vitamin B3: 10.2mg (51.01%), Phosphorus: 460.74mg (46.07%), Selenium: 30.79µg (43.99%), Manganese: 0.83mg (41.34%), Calcium: 304.07mg (30.41%), Vitamin B1: 0.43mg (28.62%), Vitamin B2: 0.44mg (26.02%), Folate: 95.99µg (24%), Fiber: 5.95g (23.81%), Iron: 3.94mg (21.89%), Magnesium: 87.19mg (21.8%), Vitamin B6: 0.42mg (21.17%), Zinc: 3.02mg (20.11%), Vitamin B12: 1µg (16.62%), Potassium: 502.72mg (14.36%), Vitamin E: 2.03mg (13.54%), Copper: 0.26mg (12.94%), Vitamin B5: 0.98mg (9.8%), Vitamin C: 7.86mg (9.53%), Vitamin K: 4.68µg (4.45%), Vitamin D: 0.15µg (1.01%)