



WHATSheATE



Thai Chicken Pizzas

READY IN



30 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups roasted chicken cooked chopped
- ☐ 6 8-inch flour tortilla (es in diameter)
- ☐ 0.5 cup peanut butter
- ☐ 1 pound savory vegetable frozen thawed drained
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons sugar

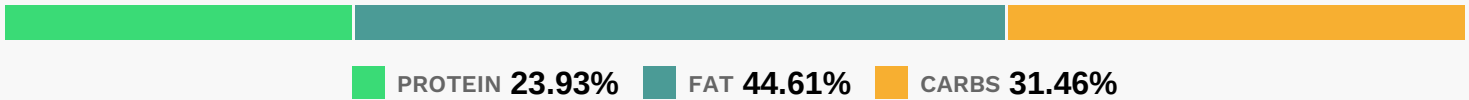
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 40
- ☐ 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:12.93, Inflammation Score:-10, Nutrition Score:24.448260690855%

Nutrients (% of daily need)

Calories: 536.02kcal (26.8%), Fat: 27.01g (41.55%), Saturated Fat: 9.55g (59.7%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 36.94g (13.43%), Sugar: 6.04g (6.71%), Cholesterol: 64.86mg (21.62%), Sodium: 1315.23mg (57.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.6g (65.21%), Vitamin A: 4113.56IU (82.27%), Vitamin B3: 10.16mg (50.8%), Phosphorus: 458.74mg (45.87%), Selenium: 30.57µg (43.68%), Manganese: 0.82mg (41.1%), Calcium: 302.65mg (30.26%), Vitamin B1: 0.42mg (28.29%), Vitamin B2: 0.44mg (25.86%), Folate: 95.07µg (23.77%), Fiber: 5.92g (23.67%), Magnesium: 86.98mg (21.74%), Iron: 3.9mg (21.69%), Vitamin B6: 0.42mg (21.14%), Zinc: 3.01mg (20.08%), Vitamin B12: 1µg (16.62%), Potassium: 501.5mg (14.33%), Vitamin E: 2.03mg (13.54%), Copper: 0.26mg (12.89%), Vitamin B5: 0.98mg (9.78%), Vitamin C: 7.86mg (9.53%), Vitamin K: 4.61µg (4.39%), Vitamin D: 0.15µg (1.01%)