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## Light Buffalo Ranch Chicken Tortilla Pizza ♦♦

This recipe combines the flavors of spicy buffalo chicken, creamy ranch dressing, and crispy tortilla crust to create a delicious and light pizza. It's perfect for game day or as a quick and easy dinner option. The chicken is marinated in buffalo sauce and then grilled to perfection. The tortilla crust is baked until crispy and topped with the grilled chicken, ranch dressing, and a sprinkle of cheese. It's a healthier alternative to traditional pizza that still packs a punch of flavor.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

**400 g** skinless, boneless chicken breasts

**4 tbsp** buffalo sauce

<b>4</b>	tortillas
<b>pieces</b>	
<b>4 tbsp</b>	ranch dressing
<b>100 g</b>	shredded mozzarella cheese
<b>4 tbsp</b>	chopped green onions

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Marinate the chicken breasts in buffalo sauce for 10 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 3

Grilling

Grill the chicken breasts for 6-8 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 4

Resting, cutting

Remove the chicken from the grill and let it rest for 5 minutes. Slice the chicken into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Place the tortillas on a baking sheet and bake for 5 minutes, or until crispy.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

Spread ranch dressing evenly on each tortilla.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Top each tortilla with grilled chicken, shredded mozzarella cheese, and chopped green onions.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

**Baking**

Bake the pizzas for 10 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 10

**Cooling**

Remove the pizzas from the oven and let them cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

Mexican

French

Spanish

### Diet

Anti-Inflammatory Diet

### Course

Appetizers

Salads

Snacks

Main Dishes

Side Dishes

Desserts

Sauces & Dressings

## Cultural

Chinese New Year

## Events

Game Day

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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