



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Spicy Southwest Chicken Pizza

A delicious and spicy pizza with a Southwest twist. This pizza is topped with spicy grilled chicken, black beans, corn, red onions, and jalapenos. It's perfect for spice lovers!

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	pizza dough
200 g	grilled chicken breast
100 g	Black Beans
100 g	corn
50 g	red onion
25 g	Jalapenos

200 g	shredded cheddar cheese
100 g	tomato sauce
50 g	olive oil
5 g	salt
5 g	pepper
2 g	cayenne pepper

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Roll out the pizza dough on a floured surface to your desired thickness.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preparation

Transfer the rolled-out dough to a baking sheet or pizza stone.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Preparation

Spread the tomato sauce evenly over the dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Preparation

Top the sauce with the grilled chicken, black beans, corn, red onion, and jalapenos.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Preparation

Sprinkle the shredded cheddar cheese over the toppings.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Preparation

Drizzle olive oil over the pizza and season with salt, pepper, and cayenne pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Baking

Bake the pizza in the preheated oven for 12-15 minutes, or until the crust is golden and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 9

Cooling

Remove the pizza from the oven and let it cool for a few minutes before slicing and serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

Visit our website: healthdor.com