



Artichoke, Goat Cheese and Chicken Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup artichoke hearts canned rinsed halved drained
- ☐ 4 ounces goat cheese
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 tablespoon oregano fresh
- ☐ 2 tablespoons parmesan grated
- ☐ 1 uncook pizza crust whole-wheat
- ☐ 2 large plum tomatoes diced
- ☐ 0.5 cup ricotta cheese
- ☐ 8 ounces chicken breast boneless skinless thinly sliced

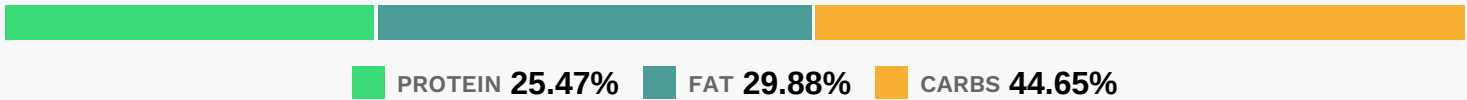
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Set oven to broil. Lightly coat a large broiler pan with cooking spray.
- ☐ Sprinkle chicken with dried oregano; season with salt and pepper; place chicken in pan. Broil 2 minutes per side.
- ☐ Remove pan from oven; set oven to 450°F.
- ☐ Mix goat cheese and ricotta in a bowl; spread evenly over pizza crust, leaving a 1-inch border. Top with chicken, artichokes, and tomatoes; sprinkle with Parmesan.
- ☐ Bake until Parmesan turns golden, about 8 minutes.
- ☐ Sprinkle with fresh oregano and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:13.462608663932%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 512.96kcal (25.65%), Fat: 16.73g (25.74%), Saturated Fat: 9.71g (60.7%), Carbohydrates: 56.26g (18.75%), Net Carbohydrates: 51.78g (18.83%), Sugar: 3.74g (4.16%), Cholesterol: 66.84mg (22.28%), Sodium: 1251.38mg (54.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.17%), Selenium: 24.06µg (34.37%), Vitamin

B3: 6.32mg (31.61%), Vitamin B6: 0.55mg (27.52%), Phosphorus: 267.45mg (26.74%), Calcium: 251.34mg (25.13%), Iron: 4.17mg (23.16%), Fiber: 4.49g (17.95%), Vitamin A: 748.95IU (14.98%), Vitamin B2: 0.25mg (14.49%), Copper: 0.26mg (12.86%), Vitamin K: 12µg (11.43%), Vitamin B5: 1.12mg (11.18%), Potassium: 342.8mg (9.79%), Magnesium: 30.91mg (7.73%), Zinc: 1.11mg (7.38%), Manganese: 0.14mg (7.16%), Vitamin C: 4.96mg (6.01%), Vitamin B12: 0.3µg (5.04%), Vitamin B1: 0.08mg (5%), Folate: 17.47µg (4.37%), Vitamin E: 0.62mg (4.11%), Vitamin D: 0.24µg (1.63%)