



Balsamic Strawberry and Chicken Pizza with Sweet Onions and Smoked Bacon

♥ Popular

READY IN



25 min.

SERVINGS



1

CALORIES



2742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon smoked cooked cut into 1 inch pieces and
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 1 pizza dough
- ☐ 1 cup meat from a rotisserie chicken shredded cooked cut into bite sized pieces
- ☐ 1.5 cups mozzarella cheese shredded

- ☐ 1 serving sriracha to taste
- ☐ 0.8 cup strawberries sliced
- ☐ 0.5 cup strawberry preserves/jam
- ☐ 0.3 cup onion sweet sliced

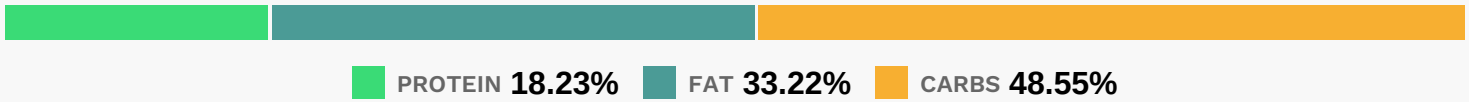
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bring the balsamic vinegar to a boil in a small sauce pan, reduce the heat and simmer until it reduces by half, about 4–5 minutes.
- ☐ Mix in the strawberry preserves and sriracha to taste.
- ☐ Mix 2 tablespoons of the balsamic strawberry sauce into the chicken.
- ☐ Roll out the pizza dough and spread the remaining balsamic strawberry sauce onto it.
- ☐ Sprinkle on 3/4's of the cheese, the chicken, bacon and onion followed by the remaining cheese and finally 1/2 cup the strawberries.
- ☐ Bake in a preheated 500F oven until golden brown on top, about 5–10 minutes.
- ☐ Sprinkle the remaining strawberries and the cilantro onto the pizza.

Nutrition Facts



Properties

Glycemic Index:231, Glycemic Load:72.5, Inflammation Score:-9, Nutrition Score:48.588695816372%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin:

0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 2741.61kcal (137.08%), Fat: 100.83g (155.13%), Saturated Fat: 43.48g (271.73%), Carbohydrates: 331.57g (110.52%), Net Carbohydrates: 321.2g (116.8%), Sugar: 125.48g (139.42%), Cholesterol: 312.8mg (104.27%), Sodium: 5046.18mg (219.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 124.48g (248.96%), Selenium: 90.38µg (129.12%), Phosphorus: 1246.8mg (124.68%), Calcium: 1244.78mg (124.48%), Vitamin C: 81.54mg (98.83%), Iron: 15.47mg (85.92%), Vitamin B12: 4.98µg (82.94%), Vitamin B3: 15.39mg (76.96%), Zinc: 9.14mg (60.91%), Vitamin B2: 1mg (59%), Vitamin B6: 1.04mg (51.79%), Fiber: 10.37g (41.47%), Manganese: 0.7mg (35.24%), Vitamin A: 1704.33IU (34.09%), Potassium: 1081.64mg (30.9%), Vitamin B1: 0.46mg (30.8%), Magnesium: 117.69mg (29.42%), Vitamin B5: 2.43mg (24.3%), Copper: 0.41mg (20.65%), Folate: 76.82µg (19.2%), Vitamin K: 19.19µg (18.27%), Vitamin E: 1.38mg (9.19%), Vitamin D: 1.15µg (7.66%)