



## Bistro Grilled Chicken Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups roasted chicken cooked chopped
- 4 ounce feta cheese
- 2 tablespoons basil fresh chopped
- 1 teaspoon olive oil
- 13.8 ounce pizza dough refrigerated canned
- 0.8 cup tomato sauce
- 4 plum tomatoes sliced
- 4 ounces mozzarella cheese shredded

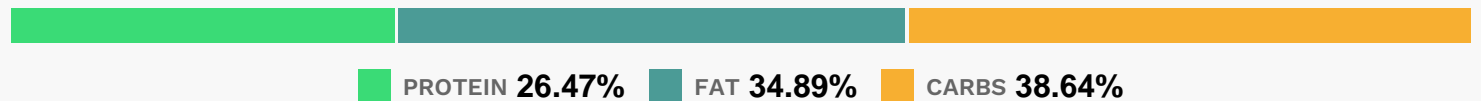
## Equipment

- bowl
- baking sheet
- grill
- aluminum foil
- microwave

## Directions

- Unroll dough, and place on a lightly greased 18- x 12-inch sheet of heavy-duty aluminum foil. Starting at center, press out dough with hands to form a 13- x 9-inch rectangle.
- Brush dough evenly with olive oil.
- Invert dough onto grill cooking grate; peel off foil. Grill, covered with grill lid, over medium heat (300 to 350°F)
- for 3 minutes or until bottom of dough is golden brown. Turn dough over, and grill, covered with grill lid, 1 to 2 minutes or until bottom is set. Carefully remove crust from grill to an aluminum foil-lined baking sheet.
- Microwave pizza sauce in a small glass bowl at HIGH 30 seconds or until warm, stirring once.
- Spread sauce evenly over crust; top with tomatoes and chicken.
- Sprinkle evenly with cheeses and basil. Return pizza to cooking grate (pizza should slide easily). Grill, covered with grill lid, 3 to 5 more minutes or until crust is done and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:11.406521683154%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 365.95kcal (18.3%), Fat: 14.25g (21.92%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 33.56g (12.2%), Sugar: 6.42g (7.13%), Cholesterol: 66.75mg (22.25%), Sodium: 987.65mg (42.94%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 24.32g (48.64%), Selenium: 17.71µg (25.31%), Phosphorus: 238.76mg (23.88%), Vitamin B3: 4.44mg (22.2%), Calcium: 203.83mg (20.38%), Vitamin B2: 0.31mg (18.23%), Vitamin B6: 0.34mg (17.13%), Iron: 2.96mg (16.45%), Vitamin A: 738.73IU (14.77%), Vitamin B12: 0.89µg (14.76%), Zinc: 1.95mg (12.99%), Vitamin C: 7.93mg (9.61%), Potassium: 323.84mg (9.25%), Vitamin B5: 0.8mg (7.96%), Fiber: 1.94g (7.78%), Vitamin K: 8.07µg (7.68%), Magnesium: 26.74mg (6.68%), Vitamin B1: 0.09mg (5.77%), Vitamin E: 0.84mg (5.57%), Manganese: 0.11mg (5.32%), Copper: 0.1mg (4.84%), Folate: 19.11µg (4.78%), Vitamin D: 0.15µg (1.01%)