



WHATSheATE



Brie Cranberry and Chicken Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



2423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces brie cheese chopped
- ☐ 12 inch pizza crust prepared
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 2 chicken breast halves boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups cranberry sauce

Equipment

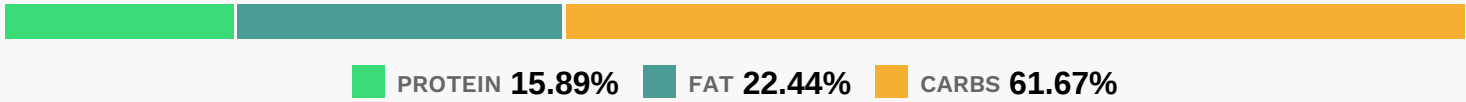
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Chop chicken breasts into bite-size pieces.
- ☐ Heat oil in medium skillet until hot.
- ☐ Add chicken and saute until browned and almost cooked through.
- ☐ Spread cranberry sauce over the pizza crust. Top with chicken, brie and cover with mozzarella.
- ☐ Bake at 350 degrees F (175 degrees C) for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:24.7213042508%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 2422.59kcal (121.13%), Fat: 60.25g (92.7%), Saturated Fat: 31.09g (194.33%), Carbohydrates: 372.55g (124.18%), Net Carbohydrates: 361.15g (131.33%), Sugar: 44.4g (49.34%), Cholesterol: 123.48mg (41.16%), Sodium: 4289.21mg (186.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 95.99g (191.97%), Iron: 19.54mg (108.58%), Calcium: 986.85mg (98.69%), Selenium: 34.3µg (49.01%), Fiber: 11.39g (45.57%), Phosphorus: 403.51mg (40.35%), Vitamin B12: 2.11µg (35.12%), Vitamin B3: 6.22mg (31.09%), Vitamin B6: 0.56mg (27.94%), Vitamin B2: 0.46mg (27.07%), Zinc: 3.03mg (20.18%), Vitamin A: 696.08IU (13.92%), Vitamin B5: 1.18mg (11.78%), Vitamin E: 1.57mg (10.48%), Potassium: 346.18mg (9.89%), Vitamin K: 10.12µg (9.64%), Magnesium: 36.63mg (9.16%), Folate: 34.92µg (8.73%), Vitamin B1: 0.1mg (6.58%), Manganese: 0.1mg (5.15%), Vitamin D: 0.5µg (3.31%), Copper: 0.06mg (2.84%), Vitamin C: 1.73mg (2.09%)