



Broccoli Supreme Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce bread shell italian
- 1 cup broccoli supreme
- 4 bacon crumbled cooked
- 1 cup meat from a rotisserie chicken cooked chopped
- 2 tablespoons basil fresh chopped
- 6 ounce cheese blend shredded italian divided finely
- 1 tablespoon olive oil
- 1 large onion sweet

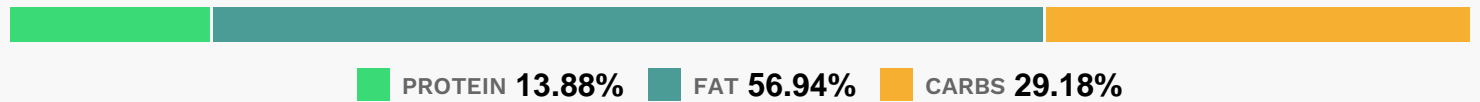
Equipment

- frying pan
- oven

Directions

- Cut sweet onion in half, and cut into thin slices.
- Saut onion in hot oil in a large skillet over medium-high heat 10 to 12 minutes or until golden.
- Spread Broccoli Supreme over bread shell.
- Sprinkle with half of cheese; top with cooked onion, chicken, and bacon.
- Sprinkle with remaining cheese, and top pizza with basil.
- Bake at 425 for 10 to 12 minutes or until cheese melts.
- Note: For testing purposes only, we used Sargento Salad Creations with Parmesan, Mozzarella, and Romano Cheeses.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:9.5021738753371%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 620.19kcal (31.01%), Fat: 39.63g (60.97%), Saturated Fat: 17.05g (106.56%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 42.17g (15.33%), Sugar: 26.38g (29.31%), Cholesterol: 28.45mg (9.48%), Sodium: 450.76mg (19.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.46%), Vitamin B3: 5.97mg (29.87%), Vitamin C: 15.85mg (19.21%), Vitamin K: 19.3µg (18.38%), Folate: 71.18µg (17.79%), Fiber: 3.53g (14.14%), Selenium: 9.09µg (12.98%), Iron: 2.21mg (12.25%), Vitamin B1: 0.18mg (12.23%), Phosphorus: 118.41mg (11.84%),

Vitamin B6: 0.22mg (11.13%), Potassium: 358.08mg (10.23%), Vitamin B2: 0.14mg (8.44%), Calcium: 79.22mg (7.92%), Magnesium: 27.88mg (6.97%), Zinc: 0.81mg (5.38%), Manganese: 0.09mg (4.28%), Vitamin B5: 0.43mg (4.26%), Vitamin E: 0.49mg (3.26%), Copper: 0.06mg (2.98%), Vitamin A: 138.63IU (2.77%), Vitamin B12: 0.13µg (2.1%)