



Cheese stuffed Chicken & Spinach Pizza Bread

READY IN



170 min.

SERVINGS



8

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 jar alfredo sauce for dipping
- ☐ 1 large chicken breast boneless
- ☐ 1 tablespoon butter melted
- ☐ 3.3 cups flour all-purpose
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups mozzarella cheese shredded

- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 cup parmesan
- ☐ 0.3 teaspoon bell pepper red
- ☐ 1 cup pkt spinach chopped
- ☐ 1 tablespoons sugar
- ☐ 0.3 cup sun-dried olives soft chopped
- ☐ 1.5 cups water
- ☐ 2 teaspoons yeast

Equipment

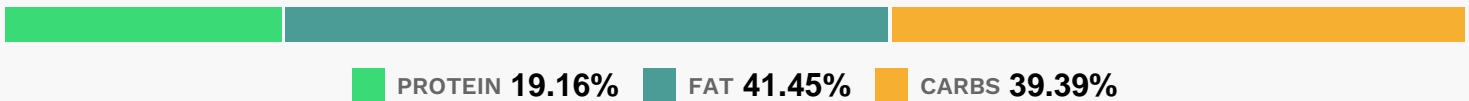
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula
- ☐ pizza stone

Directions

- ☐ Using a sharp knife, chop chicken into small pieces. Season with garlic salt, oregano, and red pepper. In a 10-inch skillet, heat oil over medium-high heat. Sauté chicken, until no longer pink, 5–6 minutes. Keep a close eye on these and stir them occasionally using wooden spatula to prevent burning. Set finished pieces aside on a plate. In a large bowl, sprinkle yeast over warm water in a bowl.
- ☐ Let it sit for 3 minutes until foamy, then add in flour, salt and sugar. Using wooden spoon, mix just until it comes together.

- ☐ Add in chicken, spinach, basil, tomatoes and parmesan and combine well. If dough is tootacky, dust with a little extra flour. Cover with towel and let rise for about 1 hour on counter, then another hour in the refrigerator.
- ☐ Remove dough from refrigerator. Flour parchment lined counter or table and roll dough out into 11×17" rectangle.
- ☐ Sprinkle cheese over top. Fold all four sides in towards center, sealing sides so cheese is not exposed.
- ☐ Let rest while you preheat oven to 450 degrees.
- ☐ Place loaf on a pizza stone or lined baking sheet, and bake for 25 to 30* minutes (*loosely cover with foil after 15 minutes if bread is getting dark), until golden brown. 3 minutes before removing from oven, lightly brush the top with melted butter and let it finish baking.
- ☐ Let rest on a wire rack to cool slightly before slicing.
- ☐ Serve with warm Alfredo sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:52.26, Glycemic Load:30.49, Inflammation Score:-7, Nutrition Score:17.288695765578%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 478.08kcal (23.9%), Fat: 21.7g (33.38%), Saturated Fat: 10.73g (67.06%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 44.21g (16.08%), Sugar: 4.2g (4.66%), Cholesterol: 85.11mg (28.37%), Sodium: 1434.88mg (62.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.14%), Selenium: 33.19µg (47.41%), Vitamin B1: 0.55mg (36.33%), Vitamin B3: 6.73mg (33.65%), Folate: 127.41µg (31.85%), Phosphorus: 278.02mg (27.8%), Vitamin B2: 0.44mg (26.03%), Manganese: 0.48mg (24.14%), Calcium: 237.48mg (23.75%), Vitamin K: 24.59µg (23.42%), Iron: 3.21mg (17.81%), Vitamin B6: 0.28mg (14.18%), Vitamin A: 705.31IU (14.11%), Vitamin B12: 0.77µg (12.89%), Zinc: 1.68mg (11.23%), Potassium: 337.54mg (9.64%), Magnesium: 38.38mg (9.59%), Vitamin B5: 0.88mg (8.82%), Fiber: 2.19g (8.74%), Copper: 0.16mg (7.76%), Vitamin C: 3.03mg (3.68%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.17µg (1.14%)