



## Cheesy Chicken Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup meat from a rotisserie chicken cooked chopped
- 2 green onions sliced
- 0.5 cup sauce italian traditional prego®
- 0.5 cup olives pitted ripe sliced
- 0.5 cup picante sauce pace®
- 10 ounce pizza dough refrigerated
- 1 cup mozzarella cheese shredded

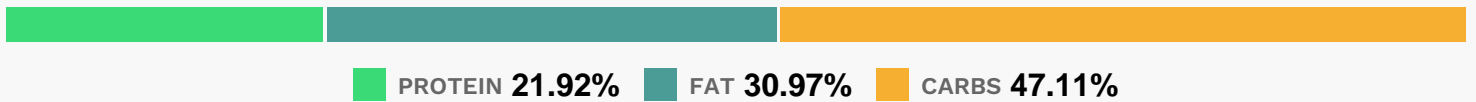
## Equipment

- baking sheet
- oven
- pizza pan

## Directions

- Preheat oven to 425 degrees F.
- Unroll dough onto greased 12-inch pizza pan or baking sheet. Pat dough into 12-inch round. Pinch up edge to form rim.
- Mix picante sauce and pasta sauce.
- Spread over crust to rim. Top with chicken, olives, onions and cheese.
- Bake 15 minutes or until cheese is melted and crust is golden.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:8.6486956762231%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 388.69kcal (19.43%), Fat: 13.46g (20.71%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 43.71g (15.89%), Sugar: 12.98g (14.43%), Cholesterol: 48.37mg (16.12%), Sodium: 1546.52mg (67.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.87%), Selenium: 13.85µg (19.79%), Phosphorus: 179.62mg (17.96%), Calcium: 167.79mg (16.78%), Vitamin B3: 3.22mg (16.11%), Iron: 2.77mg (15.38%), Vitamin K: 14.67µg (13.97%), Vitamin B12: 0.74µg (12.33%), Vitamin B6: 0.22mg (11%), Vitamin A: 485.77IU (9.72%), Zinc: 1.44mg (9.63%), Fiber: 2.36g (9.44%), Vitamin B2: 0.15mg (8.65%), Vitamin E: 1.13mg (7.5%), Potassium: 208.93mg (5.97%), Magnesium: 20.88mg (5.22%), Vitamin B5: 0.45mg (4.54%), Copper: 0.07mg (3.47%), Vitamin B1: 0.05mg (3.22%), Manganese: 0.06mg (3.03%), Folate: 9.36µg (2.34%), Vitamin C: 1.75mg (2.12%)