



Chicken Alfredo Pita Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup alfredo sauce prepared
- ☐ 4 teaspoons basil pesto
- ☐ 6 small chicken tenderloins frozen thawed sliced
- ☐ 0.8 cup feta cheese crumbled
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.3 cup garlic hummus
- ☐ 1 pinch garlic salt to taste
- ☐ 6.5 ounce marinated artichoke hearts drained chopped
- ☐ 4 servings olive oil divided

- ☐ 0.5 cup parmesan cheese shredded
- ☐ 4 pita bread rounds
- ☐ 0.8 cup mozzarella cheese shredded
- ☐ 1 cup spinach leaves fresh chopped

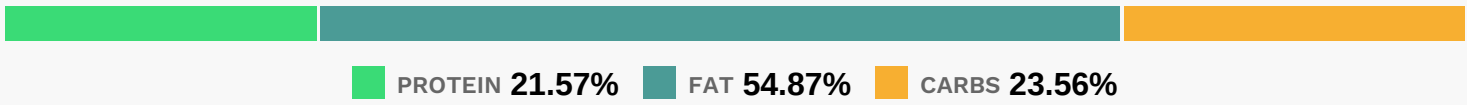
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat 1 tablespoon olive oil in a skillet over medium heat. Season chicken with garlic salt; cook and stir in hot oil until no longer pink in the middle, about 5 minutes. Set aside to cool.
- ☐ Spread 1 tablespoon hummus over one side of each of the pita rounds nearly to the edges. Top with layers of pesto and alfredo sauce.
- ☐ Sprinkle a layer of chopped spinach over the alfredo sauce; top with even portions of chicken, artichoke hearts, feta cheese, mozzarella cheese, Parmesan cheese, and mushrooms.
- ☐ Drizzle remaining olive oil over the pizzas.
- ☐ Bake in preheated oven until cheese is melted and crust on pitas is slightly brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:30.5, Inflammation Score:-8, Nutrition Score:24.626521887987%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 692.65kcal (34.63%), Fat: 41.78g (64.27%), Saturated Fat: 14.35g (89.66%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 37.65g (13.69%), Sugar: 1.79g (1.99%), Cholesterol: 118.86mg (39.62%), Sodium: 1487.8mg (64.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.91%), Selenium: 37µg (52.86%), Vitamin B3: 9.9mg (49.52%), Phosphorus: 494.69mg (49.47%), Calcium: 485.2mg (48.52%), Vitamin K: 46.15µg (43.95%), Vitamin B6: 0.85mg (42.58%), Vitamin A: 1646.29IU (32.93%), Vitamin B2: 0.54mg (31.73%), Manganese: 0.51mg (25.62%), Vitamin B12: 1.26µg (20.98%), Zinc: 2.87mg (19.15%), Vitamin B1: 0.28mg (18.97%), Vitamin C: 15.59mg (18.89%), Vitamin B5: 1.88mg (18.84%), Vitamin E: 2.44mg (16.25%), Magnesium: 58.23mg (14.56%), Potassium: 503.83mg (14.4%), Iron: 2.29mg (12.7%), Folate: 44.63µg (11.16%), Fiber: 2.7g (10.79%), Copper: 0.2mg (10.15%), Vitamin D: 0.36µg (2.39%)