



Chicken Alfredo Pizza

READY IN



29 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup alfredo sauce
- ☐ 6 oz baby spinach fresh washed
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 6 servings flour all-purpose
- ☐ 6 oz fontina shredded
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 pounds pizza dough
- ☐ 0.3 teaspoon salt

☐ 6 servings cornmeal plain yellow

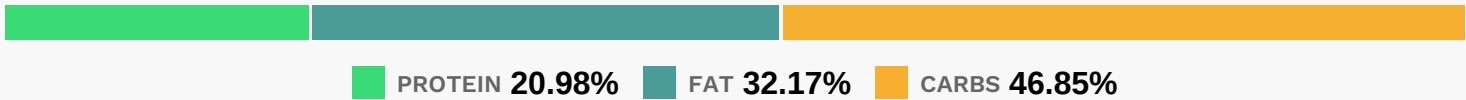
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ ziploc bags
- ☐ wax paper
- ☐ cutting board

Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 (medium) heat.
- ☐ Divide dough into 6 equal portions. Lightly sprinkle flour on a large surface.
- ☐ Roll each portion into a 6-inch round (about 1/4-inch thick). Carefully transfer pizza dough rounds to a cutting board or baking sheet sprinkled with cornmeal.
- ☐ Slide pizza dough rounds onto cooking grate of grill; spread Creamy Alfredo Sauce over rounds, and top with spinach, chicken, and cheese.
- ☐ Sprinkle with lemon juice, salt, and pepper.
- ☐ Grill, covered with grill lid, 4 minutes. Rotate pizzas one-quarter turn, and grill, covered with grill lid, 5 to 6 more minutes or until pizza crusts are cooked.
- ☐ Serve immediately.
- ☐ Note: Individual pizza dough rounds may be made ahead.
- ☐ Roll out as directed, and place between pieces of wax paper sprinkled with flour and cornmeal; place in a gallon-size zip-top plastic bag. Seal bag, and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:8.75, Inflammation Score:-9, Nutrition Score:19.447826069334%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 595.77kcal (29.79%), Fat: 21.29g (32.75%), Saturated Fat: 9.84g (61.49%), Carbohydrates: 69.76g (23.25%), Net Carbohydrates: 66.27g (24.1%), Sugar: 8.3g (9.23%), Cholesterol: 88.22mg (29.41%), Sodium: 1409.89mg (61.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.47%), Vitamin K: 137.84µg (131.28%), Vitamin A: 2936.85IU (58.74%), Iron: 5.12mg (28.43%), Selenium: 19.02µg (27.18%), Phosphorus: 232.45mg (23.24%), Vitamin B3: 4.62mg (23.09%), Manganese: 0.39mg (19.63%), Calcium: 191.84mg (19.18%), Folate: 76.5µg (19.13%), Vitamin B6: 0.33mg (16.67%), Zinc: 2.22mg (14.78%), Fiber: 3.49g (13.97%), Vitamin B2: 0.23mg (13.34%), Magnesium: 48.76mg (12.19%), Vitamin C: 8.61mg (10.44%), Vitamin B12: 0.61µg (10.19%), Vitamin B1: 0.15mg (9.76%), Potassium: 326.27mg (9.32%), Vitamin B5: 0.69mg (6.89%), Copper: 0.11mg (5.35%), Vitamin E: 0.7mg (4.65%), Vitamin D: 0.17µg (1.13%)