



Chicken Alfredo Pizza by Pillsbury®

READY IN



25 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup alfredo sauce (from 15-oz. jar)
- 2 cups meat from a rotisserie chicken diced cooked
- 1 cup mozzarella cheese shredded italian
- 0.5 cup bell pepper diced red
- 11 ounce pizza crust refrigerated thin pillsbury® canned

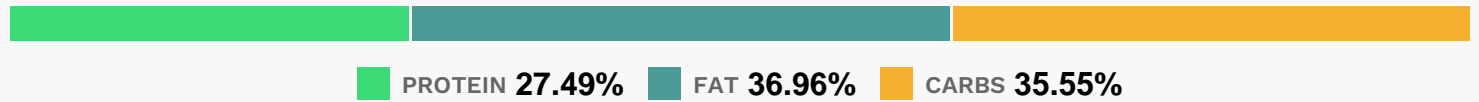
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400 degrees F. Grease 15x10-inch or larger dark or nonstick cookie sheet with shortening. Unroll dough onto cookie sheet. Starting at center, press out dough into 15x10-inch rectangle.
- Bake 7 minutes.
- Remove from oven.
- Spread sauce over warm crust. Top with chicken, bell pepper and cheese.
- Bake 6 to 10 minutes or until cheese is melted and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:7.538260931554%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 302.22kcal (15.11%), Fat: 12.3g (18.93%), Saturated Fat: 5.4g (33.76%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 25.59g (9.31%), Sugar: 4.27g (4.74%), Cholesterol: 63.3mg (21.1%), Sodium: 667.21mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.19%), Selenium: 14.67µg (20.95%), Vitamin C: 15.89mg (19.26%), Vitamin B3: 3.82mg (19.09%), Phosphorus: 158.91mg (15.89%), Vitamin B6: 0.23mg (11.72%), Iron: 2.1mg (11.69%), Vitamin A: 534.09IU (10.68%), Calcium: 100.74mg (10.07%), Vitamin B12: 0.56µg (9.35%), Zinc: 1.29mg (8.57%), Vitamin B2: 0.13mg (7.76%), Vitamin B5: 0.52mg (5.19%), Potassium: 147.25mg (4.21%), Fiber: 1.04g (4.16%), Magnesium: 15.02mg (3.76%), Vitamin B1: 0.04mg (2.75%), Folate: 9.35µg (2.34%), Vitamin E: 0.23mg (1.54%), Copper: 0.03mg (1.54%), Manganese: 0.03mg (1.37%)