



Chicken and Bacon Ranch Pizza

READY IN



35 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon cooked coarsely chopped
- 12 oz chicken breast refrigerated italian-style cooked chopped
- 0.3 cup onion chopped
- 1 large plum tomatoes seeded chopped (Roma)
- 0.5 cup ranch dressing
- 11 oz pizza dough refrigerated thin canned
- 4 oz cheddar cheese shredded
- 4 oz mozzarella cheese shredded

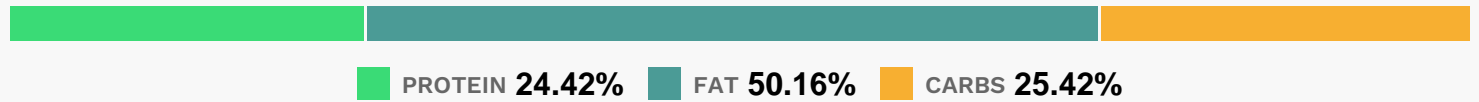
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F. Spray or grease 15x10-inch or larger dark or nonstick cookie sheet. Unroll dough on cookie sheet; starting at center, press dough into 15x10-inch rectangle.
- Spread ranch dressing evenly over dough. Top with remaining ingredients.
- Bake 13 to 16 minutes or until crust is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:9.7460868980574%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 331.34kcal (16.57%), Fat: 18.4g (28.3%), Saturated Fat: 6.66g (41.6%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 20.21g (7.35%), Sugar: 3.73g (4.14%), Cholesterol: 60.45mg (20.15%), Sodium: 715.67mg (31.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.3%), Selenium: 22.61µg (32.3%), Phosphorus: 251.13mg (25.11%), Vitamin B3: 4.94mg (24.69%), Vitamin K: 21.48µg (20.46%), Vitamin B6: 0.37mg (18.58%), Calcium: 180.49mg (18.05%), Vitamin B12: 0.63µg (10.46%), Vitamin B2: 0.17mg (10.02%), Zinc: 1.35mg (9%), Vitamin B5: 0.86mg (8.62%), Iron: 1.41mg (7.83%), Potassium: 234.25mg (6.69%), Vitamin A: 322.45IU (6.45%), Magnesium: 21.06mg (5.27%), Vitamin B1: 0.07mg (4.36%), Vitamin E: 0.61mg (4.04%), Fiber: 0.76g (3.05%), Vitamin C: 1.94mg (2.35%), Folate: 8.38µg (2.1%), Manganese: 0.03mg (1.73%), Copper: 0.03mg (1.56%), Vitamin D: 0.22µg (1.44%)