



Chicken and Chourico Pizza

READY IN



55 min.

SERVINGS



1

CALORIES



2200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pepper rings
- ☐ 5 cloves garlic minced
- ☐ 1 serving salt and ground pepper black to taste
- ☐ 1.5 tablespoons penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 8 ounce mozzarella & cheddar pizza cheese shredded
- ☐ 13.4 ounce pizza dough fresh room-temperature
- ☐ 0.3 onion red sliced thin

- ☐ 0.5 link portuguese chourico sausage hot halved lengthwise sliced into thin half moons
- ☐ 2 chicken breast halves boneless skinless cut into small chunks
- ☐ 1 cup tomato sauce

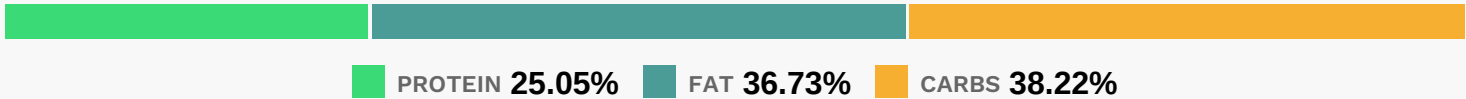
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C). Prepare a pizza pan with olive oil and flour.
- ☐ Heat 2 teaspoons olive oil in a skillet over medium heat; cook the chicken in the hot oil until no longer pink in the center and the juices run clear, 5 to 10 minutes. Set aside.
- ☐ Dust a flat working surface with flour.
- ☐ Roll the pizza dough out to the size of your pizza pan.
- ☐ Place dough on the prepared pan.
- ☐ Stir the tomato sauce, 1 tablespoon olive oil, garlic, Italian seasoning, salt, and pepper together in a small bowl; spread evenly over the surface of the dough. Scatter, in order, the chicken, chourico, red onion, banana peppers, pizza cheese, and Parmesan over the tomato sauce mixture.
- ☐ Bake in the preheated oven on the middle rack until the cheese is lightly browned, about 20 minutes. Switch the oven setting to broil and cook another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:167, Glycemic Load:6.27, Inflammation Score:-8, Nutrition Score:45.184347728024%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 2199.83kcal (109.99%), Fat: 92.42g (142.19%), Saturated Fat: 17.05g (106.55%), Carbohydrates: 216.39g (72.13%), Net Carbohydrates: 203.03g (73.83%), Sugar: 33.91g (37.67%), Cholesterol: 199.06mg (66.35%), Sodium: 4821.61mg (209.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 141.85g (283.69%), Vitamin B3: 26.52mg (132.59%), Selenium: 79.9µg (114.14%), Vitamin B6: 2.24mg (112%), Iron: 16.66mg (92.54%), Calcium: 741.47mg (74.15%), Phosphorus: 647.01mg (64.7%), Vitamin K: 63.07µg (60.06%), Fiber: 13.37g (53.47%), Potassium: 1779.76mg (50.85%), Vitamin E: 7.41mg (49.42%), Manganese: 0.98mg (48.89%), Vitamin B5: 4.21mg (42.07%), Vitamin C: 26.75mg (32.43%), Magnesium: 126mg (31.5%), Vitamin B2: 0.48mg (28.47%), Vitamin A: 1345.55IU (26.91%), Copper: 0.45mg (22.57%), Zinc: 2.72mg (18.12%), Vitamin B1: 0.26mg (17.57%), Folate: 55.16µg (13.79%), Vitamin B12: 0.59µg (9.85%), Vitamin D: 0.28µg (1.88%)