



## Chicken and Goat Cheese Pizza With Fresh Herbs

READY IN



27 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup corn kernels fresh sweet
- 2 tablespoons basil fresh chopped
- 2 ounces goat cheese crumbled
- 0.1 teaspoon kosher salt
- 0.3 cup bottled pesto
- 1 pound pizza dough whole-wheat
- 0.5 cup portabello mushrooms ()

0.8 cup rotisserie chicken cut shredded boneless skinless

## Equipment

frying pan

oven

pizza pan

pizza stone

## Directions

Preheat oven to 42

Lightly coat a round perforated pan with vegetable cooking spray, or put a pizza stone in the oven while it preheats.

Place pizza dough on a lightly floured surface, and roll it into a 12-inch circle.

Place dough on prepared pizza pan or stone, and bake for 5 minutes.

While the crust is baking, coat a small nonstick skillet with vegetable cooking spray and heat over medium-high heat.

Add the mushrooms and salt, and cook, stirring occasionally, 45 minutes or until softened and lightly browned; set aside.

Spread the pesto over warm crust, leaving a 1/2-inch edge.

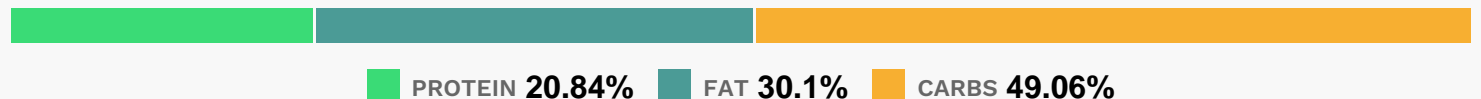
Sprinkle pepper evenly over crust, and top with chicken, corn, mushrooms, and goat cheese.

Bake 1215 minutes or until crust is cooked through and cheese is golden brown.

Remove from oven, and sprinkle with basil.

Cut into 8 wedges; serve hot.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:4.5286956183288%

## Nutrients (% of daily need)

Calories: 476.48kcal (23.82%), Fat: 16.16g (24.85%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 59.25g (19.75%), Net Carbohydrates: 56.75g (20.64%), Sugar: 9.07g (10.08%), Cholesterol: 50.35mg (16.78%), Sodium: 1247.31mg (54.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.33%), Iron: 3.59mg (19.96%), Vitamin A: 546.23IU (10.92%), Fiber: 2.5g (10%), Copper: 0.15mg (7.49%), Phosphorus: 64.79mg (6.48%), Calcium: 47.85mg (4.79%), Vitamin B2: 0.08mg (4.63%), Vitamin K: 4.66µg (4.44%), Vitamin B3: 0.88mg (4.38%), Manganese: 0.08mg (3.94%), Selenium: 2.51µg (3.59%), Vitamin B5: 0.35mg (3.53%), Vitamin B6: 0.07mg (3.51%), Folate: 13.02µg (3.26%), Vitamin B1: 0.04mg (2.99%), Potassium: 96.38mg (2.75%), Magnesium: 9.83mg (2.46%), Zinc: 0.28mg (1.87%), Vitamin C: 1.41mg (1.71%)