



## 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 ears corn fresh sweet
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 cup basil pesto
- ☐ 1 pound pizza dough whole-wheat
- ☐ 0.5 cup portabello mushrooms ()

☐ 0.8 cup rotisserie chicken cut shredded boneless skinless

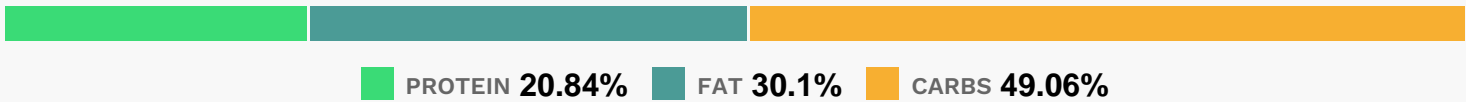
## Equipment

- ☐ 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%)