



Chicken and Gorgonzola Pizza

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



8812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chicken breast half boneless skinless
- 2 cloves garlic minced
- 4 ounces gorgonzola cheese crumbled
- 1 tablespoon penzey's southwest seasoning dried italian
- 8 ounce mushrooms sliced
- 2 tablespoons olive oil
- 1 onion diced
- 12 inch pre-baked pizza crust

- 14 ounce pizza sauce
- 4 ounces mozzarella cheese shredded
- 10 ounce pkt spinach fresh washed
- 1 tomatoes sliced
- 0.3 cup water

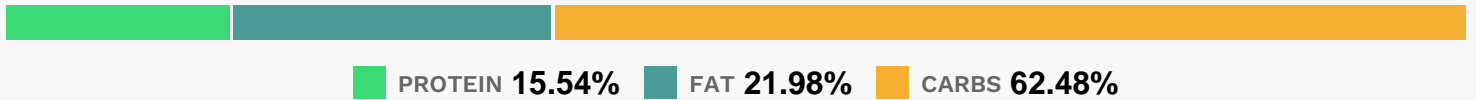
Equipment

- frying pan
- oven
- pizza pan

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Heat olive oil in a large skillet over medium-high heat, stir in the chicken breast, and cook for a few minutes until the pieces begin to plump. Stir in the Italian seasoning, onion, garlic, and mushrooms; cook and stir until the mushrooms have softened and the onion has turned translucent, 5 to 10 minutes.
- Add the water and spinach, and cover; cook a few minutes until the spinach has wilted.
- Place the pizza crust on a pizza pan, and spread with sauce; top with the chicken and spinach mixture. Arrange the tomato slices over the pizza, then sprinkle with Gorgonzola and mozzarella cheeses.
- Bake in preheated oven until the cheese has melted and lightly toasted, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:263, Glycemic Load:15.28, Inflammation Score:-10, Nutrition Score:86.339130152827%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 18.93mg, Kaempferol: 18.93mg, Kaempferol: 18.93mg, Kaempferol: 18.93mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 34.4mg, Quercetin: 34.4mg, Quercetin: 34.4mg, Quercetin: 34.4mg

Nutrients (% of daily need)

Calories: 8811.68kcal (440.58%), Fat: 215.61g (331.71%), Saturated Fat: 102.8g (642.53%), Carbohydrates: 1379.16g (459.72%), Net Carbohydrates: 1318.16g (479.33%), Sugar: 70.66g (78.51%), Cholesterol: 246.95mg (82.32%), Sodium: 18660.81mg (811.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 342.92g (685.84%), Vitamin K: 1444.15µg (1375.38%), Vitamin A: 31079.97IU (621.6%), Iron: 90.32mg (501.8%), Calcium: 4115.65mg (411.57%), Fiber: 61.01g (244.03%), Manganese: 3.77mg (188.37%), Folate: 728.92µg (182.23%), Vitamin C: 140.54mg (170.35%), Phosphorus: 1596.7mg (159.67%), Vitamin B2: 2.66mg (156.39%), Selenium: 99.82µg (142.59%), Vitamin B3: 28.37mg (141.83%), Potassium: 4815.92mg (137.6%), Vitamin B6: 2.61mg (130.56%), Vitamin E: 17.84mg (118.95%), Magnesium: 422.17mg (105.54%), Copper: 1.81mg (90.45%), Vitamin B5: 8.86mg (88.63%), Zinc: 11.14mg (74.29%), Vitamin B12: 4.29µg (71.43%), Vitamin B1: 0.76mg (50.42%), Vitamin D: 1.59µg (10.58%)