



Chicken and Herb White Pizza

READY IN



52 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 ounces pecorino romano cheese fresh grated

- ☐ 0.3 cup onion diced red
- ☐ 1 pound pizza dough fresh refrigerated
- ☐ 1.5 cups roasted chicken breast shredded boneless skinless
- ☐ 1 tablespoon cornmeal yellow

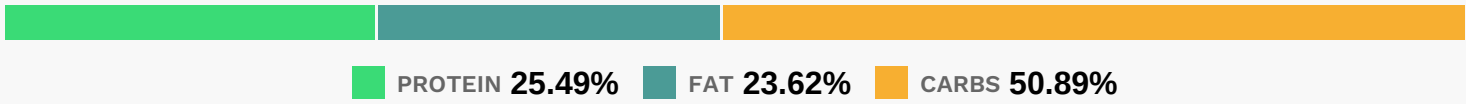
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Place dough in a bowl coated with cooking spray; let dough stand, covered, for 15 minutes.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add garlic; cook 30 seconds, stirring constantly.
- ☐ Add flour and pepper; cook 1 minute, stirring constantly with a whisk. Gradually add milk, stirring constantly with a whisk. Cook 3 minutes or until thick and bubbly, stirring constantly with a whisk.
- ☐ Remove from heat; add cheese, stirring until cheese melts.
- ☐ Sprinkle a baking sheet with cornmeal; roll dough into a 12-inch circle on prepared baking sheet.
- ☐ Spread white sauce over dough, leaving a 1/2-inch border. Top with chicken and onion.
- ☐ Bake at 450 on bottom oven rack for 17 minutes or until crust is golden.
- ☐ Sprinkle with herbs.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:2.47, Inflammation Score:-7, Nutrition Score:8.6543478680694%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 334.45kcal (16.72%), Fat: 8.8g (13.54%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 40.72g (14.81%), Sugar: 6.63g (7.36%), Cholesterol: 46.95mg (15.65%), Sodium: 715.93mg (31.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.73%), Vitamin B3: 5.09mg (25.45%), Phosphorus: 191.41mg (19.14%), Selenium: 12.96µg (18.52%), Vitamin K: 18.04µg (17.18%), Iron: 3.05mg (16.96%), Calcium: 161mg (16.1%), Vitamin B6: 0.27mg (13.56%), Vitamin B2: 0.15mg (9%), Fiber: 1.92g (7.69%), Manganese: 0.13mg (6.54%), Vitamin B12: 0.39µg (6.42%), Magnesium: 23.64mg (5.91%), Zinc: 0.86mg (5.76%), Vitamin B5: 0.53mg (5.35%), Potassium: 179.26mg (5.12%), Vitamin B1: 0.07mg (4.8%), Vitamin A: 228.2IU (4.56%), Folate: 13.59µg (3.4%), Vitamin C: 2.06mg (2.5%), Vitamin E: 0.35mg (2.33%), Copper: 0.04mg (2.21%)