



Chicken and Spinach Pizza

 Gluten Free

READY IN



22 min.

SERVINGS



8

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups meat from a rotisserie chicken cooked chopped
- 2 tablespoons basil fresh chopped
- 6 ounces part-skim mozzarella cheese shredded
- 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- 1 cup spicy spaghetti sauce (such as Newman's Own)
- 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

- bowl

baking sheet

oven

Directions

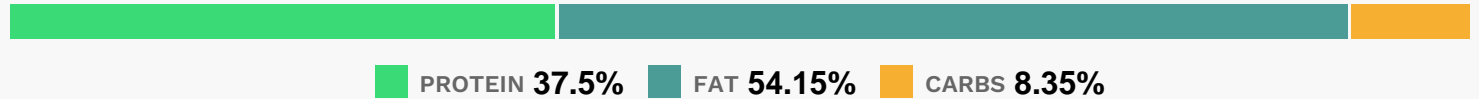
Preheat oven to 45

Place crust on an ungreased baking sheet.

Combine chicken, spinach, and spaghetti sauce in a bowl; spoon evenly over crust. Top with cheese.

Bake at 450 for 12 minutes or until crust is browned and cheese melts. Top with basil; cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:16.981304528921%

Nutrients (% of daily need)

Calories: 229.34kcal (11.47%), Fat: 14.28g (21.97%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.56g (1.74%), Cholesterol: 40.38mg (13.46%), Sodium: 390.04mg (16.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.5%), Vitamin K: 135.1µg (128.66%), Vitamin A: 4427.35IU (88.55%), Calcium: 291.18mg (29.12%), Phosphorus: 174.76mg (17.48%), Selenium: 11.83µg (16.9%), Manganese: 0.29mg (14.73%), Folate: 57.71µg (14.43%), Vitamin B3: 2.58mg (12.89%), Vitamin B2: 0.2mg (11.92%), Vitamin B6: 0.21mg (10.71%), Magnesium: 41.89mg (10.47%), Vitamin E: 1.5mg (10.02%), Zinc: 1.26mg (8.37%), Potassium: 293.02mg (8.37%), Iron: 1.34mg (7.47%), Fiber: 1.5g (5.98%), Copper: 0.11mg (5.42%), Vitamin C: 4.18mg (5.07%), Vitamin B12: 0.25µg (4.17%), Vitamin B1: 0.06mg (4.06%), Vitamin B5: 0.4mg (4.01%)