



WHATSheATE



Chicken and Veggie Pizza



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup water hot
- ☐ 0.8 cup gorgonzola dip
- ☐ 1 cup roasted chicken cooked chopped
- ☐ 0.8 cup tomatoes seeded chopped
- ☐ 8 oz mushrooms fresh sliced
- ☐ 6 oz mozzarella cheese shredded
- ☐ 2 cups frangelico

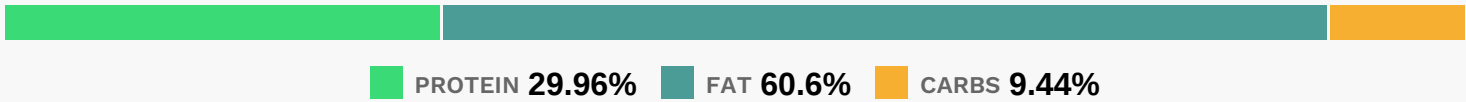
Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 450°F. Spray 12-inch pizza pan with cooking spray.
- ☐ In medium bowl, stir Bisquick mix, hot water and 1/4 cup of the spinach dip with fork until soft dough forms; beat vigorously 20 strokes. Press dough in pizza pan, using fingers dipped in Bisquick mix; pinch edge to form 1/2-inch rim.
- ☐ Bake 7 minutes.
- ☐ Spread remaining 1/2 cup spinach dip over partially baked crust.
- ☐ Sprinkle with chicken, tomato and mushrooms.
- ☐ Sprinkle with cheese.
- ☐ Bake 12 to 15 minutes or until crust is brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:5.7856521347295%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 146.12kcal (7.31%), Fat: 9.73g (14.98%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.63g (2.92%), Cholesterol: 29.92mg (9.97%), Sodium: 274.74mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Selenium: 10.56µg (15.08%), Calcium: 141.59mg (14.16%), Phosphorus: 136.6mg (13.66%), Vitamin B3: 2.51mg (12.54%), Vitamin B2: 0.2mg (11.91%), Vitamin B12: 0.55µg (9.11%), Zinc: 1.06mg (7.06%), Vitamin B5: 0.64mg (6.37%), Vitamin B6: 0.12mg (6.01%), Copper: 0.11mg (5.61%), Vitamin A: 267.27IU (5.35%), Potassium: 179.49mg (5.13%), Vitamin C: 2.51mg (3.04%), Magnesium: 12.11mg

(3.03%), Vitamin B1: 0.05mg (3.02%), Iron: 0.48mg (2.69%), Folate: 9.28µg (2.32%), Manganese: 0.04mg (1.93%),
Fiber: 0.45g (1.8%), Vitamin K: 1.59µg (1.52%)