



Chicken and Veggie Pizza

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

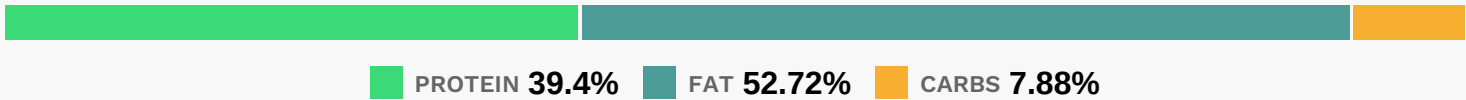
Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 450F. 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:16.13, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:6.7639129809711%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 102.41kcal (5.12%), Fat: 6.05g (9.3%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.52g (0.55%), Sugar: 1.16g (1.29%), Cholesterol: 29.92mg (9.97%), Sodium: 151.27mg (6.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Selenium: 10.58µg (15.12%), Vitamin K: 15.18µg (14.45%), Phosphorus: 137.98mg (13.8%), Vitamin B3: 2.53mg (12.64%), Vitamin B2: 0.21mg (12.23%), Calcium: 114.8mg (11.48%), Vitamin A: 530.99IU (10.62%), Vitamin B12: 0.55µg (9.11%), Zinc: 1.07mg (7.16%), Vitamin B5: 0.64mg (6.39%), Vitamin B6: 0.13mg (6.29%), Copper: 0.12mg (5.8%), Potassium: 195.19mg (5.58%), Vitamin C: 3.3mg (4%), Folate: 14.73µg (3.68%), Magnesium: 14.34mg (3.58%), Manganese: 0.06mg (3.19%), Vitamin B1: 0.05mg (3.17%), Iron: 0.56mg (3.12%), Fiber: 0.51g (2.05%), Vitamin E: 0.18mg (1.17%)