



Chicken, Arugula, and Radish Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



2061 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baby arugula
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups chicken breast shredded boneless skinless
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup goat cheese crumbled
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.3 cup part-skim ricotta
- ☐ 12 inch uncook pizza crust thin (such as Boboli)

- ☐ 0.5 cup radishes thinly sliced
- ☐ 2 tablespoons citrus champagne vinegar

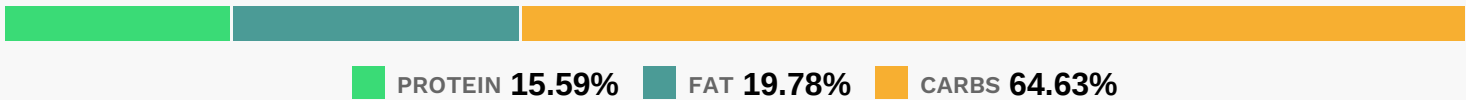
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Place a baking sheet in the oven. Preheat oven to 475 (keep baking sheet in oven as it preheats).
- ☐ Brush crust with 1 tablespoon olive oil; top pizza evenly with shredded chicken and ricotta cheese.
- ☐ Sprinkle with goat cheese, black pepper, and red pepper. Carefully place pizza on preheated baking sheet; bake at 475 for 10 minutes.
- ☐ Combine white wine vinegar, remaining 1 tablespoon olive oil, and Dijon mustard in a medium bowl, stirring with a whisk.
- ☐ Add arugula and radish slices; toss to coat. Top pizza with arugula mixture.
- ☐ Cut the pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:18.696956458299%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 2060.87kcal (103.04%), Fat: 44.99g (69.22%), Saturated Fat: 20.47g (127.95%), Carbohydrates: 330.83g (110.28%), Net Carbohydrates: 320.08g (116.39%), Sugar: 10.92g (12.14%), Cholesterol: 51.11mg (17.04%), Sodium: 3780.4mg (164.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.82g (159.64%), Iron: 19.4mg (107.76%), Calcium: 720.26mg (72.03%), Fiber: 10.75g (43%), Selenium: 22.55µg (32.22%), Vitamin B3: 6.05mg (30.24%), Vitamin B6: 0.49mg (24.64%), Phosphorus: 213.89mg (21.39%), Vitamin K: 13.74µg (13.08%), Vitamin B2: 0.18mg (10.64%), Vitamin B5: 1.05mg (10.45%), Vitamin A: 509.95IU (10.2%), Copper: 0.18mg (8.99%), Potassium: 310.97mg (8.88%), Vitamin E: 1.25mg (8.34%), Magnesium: 27.24mg (6.81%), Zinc: 0.87mg (5.81%), Manganese: 0.11mg (5.31%), Vitamin C: 3.99mg (4.84%), Folate: 18.27µg (4.57%), Vitamin B1: 0.06mg (4.1%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.15µg (1.02%)