



## Chicken Caesar Pita Pizza

READY IN



26 min.

SERVINGS



4

CALORIES



966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 fillet anchovy dry minced rinsed
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings meat from a rotisserie chicken leftover
- ☐ 1 teaspoon dijon mustard
- ☐ 3 cups fontina shredded
- ☐ 2 cloves garlic minced
- ☐ 3 dashes hot sauce (recommended: Tabasco)
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 8 ounce pita bread white
- ☐ 2 roma tomatoes chopped
- ☐ 4 cups romaine lettuce shredded
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon worcestershire sauce

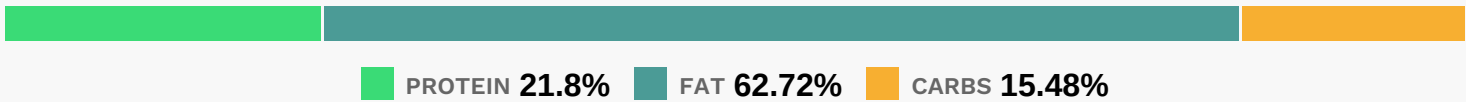
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

## Directions

- ☐ For the dressing: Put all the ingredients in a bowl and whisk together.
- ☐ For the pita: Preheat the oven to 400 degrees F. Line baking sheets with aluminum foil.
- ☐ Place the pitas on the prepared baking sheets.
- ☐ Brush each pita evenly with olive oil.
- ☐ Bake for 5 minutes. Top each evenly with fontina.
- ☐ Bake until the cheese is melted and the pita is lightly browned, 5 to 7 minutes.
- ☐ In a medium bowl, toss the lettuce with Caesar dressing. Top each pita pizza with desired amount of salad, tomatoes, and chicken.

## Nutrition Facts



## Properties

Glycemic Index:64, Glycemic Load:30.31, Inflammation Score:-10, Nutrition Score:30.654347792916%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 966.21kcal (48.31%), Fat: 67.17g (103.35%), Saturated Fat: 26.47g (165.46%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 34.56g (12.57%), Sugar: 3.28g (3.65%), Cholesterol: 198.6mg (66.2%), Sodium: 1653.3mg (71.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.53g (105.06%), Vitamin A: 5413IU (108.26%), Calcium: 636.15mg (63.61%), Vitamin K: 66.43µg (63.27%), Phosphorus: 590.81mg (59.08%), Vitamin B3: 9.67mg (48.35%), Selenium: 32.28µg (46.12%), Zinc: 5.63mg (37.51%), Vitamin B12: 2.02µg (33.74%), Vitamin B6: 0.57mg (28.49%), Vitamin B2: 0.44mg (25.91%), Folate: 96.76µg (24.19%), Vitamin E: 3.58mg (23.9%), Manganese: 0.46mg (23.16%), Vitamin B1: 0.29mg (19.54%), Vitamin B5: 1.78mg (17.81%), Potassium: 570.64mg (16.3%), Iron: 2.92mg (16.21%), Magnesium: 63.73mg (15.93%), Vitamin C: 11.49mg (13.93%), Copper: 0.23mg (11.63%), Fiber: 2.74g (10.96%), Vitamin D: 0.81µg (5.41%)