



Chicken Caesar Salad Pizzas

READY IN



27 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup creamy caesar dressing divided reduced-fat (such as Wish-Bone Just 2 Good!)
- 2 tablespoons parmesan cheese fresh shredded divided
- 13.8 ounce pizza crust dough refrigerated canned
- 2 cups rotisserie chicken cut shredded boneless skinless
- 2 cups torn romaine salad mix with carrots and red cabbage
- 2 teaspoons cornmeal yellow

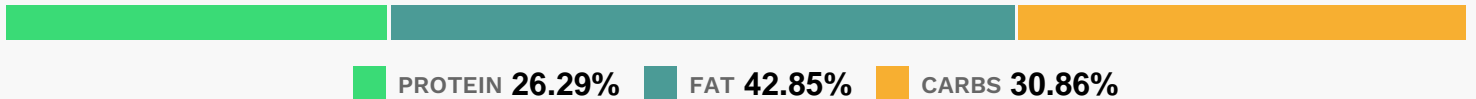
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 425
- Unroll dough onto a surface sprinkled with 2 teaspoons cornmeal; cut into 6 rectangles.
- Place on a baking sheet coated with cooking spray. Lightly brush dough portions with 1 tablespoon dressing; sprinkle evenly with 1 tablespoon cheese.
- Bake at 425 for 12 minutes or until lightly browned. Cool slightly.
- Combine chicken and salad mix in a bowl.
- Add remaining dressing to chicken mixture, tossing to coat, and spoon 1/2 cup chicken mixture evenly over each crust.
- Sprinkle evenly with remaining 1 tablespoon Parmesan and pepper.
- Note: To reduce the sodium, bake your own chicken for this recipe. The sodium will be 756mg.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.9504347974839%

Nutrients (% of daily need)

Calories: 423.3kcal (21.16%), Fat: 20.27g (31.18%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 31.66g (11.51%), Sugar: 4.63g (5.15%), Cholesterol: 84.48mg (28.16%), Sodium: 1012.26mg (44.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.98g (55.96%), Vitamin K: 20.86µg (19.87%), Iron: 2.11mg (11.7%), Vitamin E: 0.94mg (6.24%), Fiber: 1.18g (4.72%), Vitamin C: 3.15mg (3.82%), Vitamin A: 172.05IU (3.44%), Calcium: 31.65mg (3.16%), Manganese: 0.05mg (2.65%), Phosphorus: 22.25mg (2.23%), Folate: 5.7µg (1.42%), Selenium: 0.79µg (1.13%), Vitamin B6: 0.02mg (1.07%)