



## Chicken Club Pizza

READY IN



30 min.

SERVINGS



30

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 1.5 cups triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 1.5 cups meat from a rotisserie chicken cooked finely chopped
- 1.5 cups lettuce shredded finely
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.5 cup classic ranch dressing divided kraft
- 13.8 oz pizza crust refrigerated canned
- 1 tomatoes finely chopped

## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Unroll pizza dough on baking sheet sprayed with cooking spray; press into 15x10-inch rectangle.
- Bake 10 min.
- Mix mayo and 1/3 cup dressing; spread onto crust. Top with half the cheese, chicken, remaining cheese and bacon.
- Bake 5 min. or until cheese is melted and crust is golden brown. Top with lettuce, tomatoes and remaining dressing.

## Nutrition Facts



## Properties

Glycemic Index:3.23, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:2.4065217414628%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 114.17kcal (5.71%), Fat: 7.33g (11.27%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.82g (2.48%), Sugar: 1.26g (1.4%), Cholesterol: 16.11mg (5.37%), Sodium: 227.37mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin K: 7.69µg (7.32%), Selenium: 4.69µg (6.7%), Phosphorus: 57.19mg (5.72%), Calcium: 43.37mg (4.34%), Vitamin B3: 0.82mg (4.11%), Iron: 0.51mg (2.84%), Vitamin B6: 0.05mg (2.71%), Zinc: 0.4mg (2.69%), Vitamin B2: 0.05mg (2.65%), Vitamin A: 116.71IU (2.33%), Vitamin B12: 0.12µg (1.94%), Vitamin B1: 0.03mg (1.73%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.23mg (1.51%), Potassium: 49.93mg (1.43%), Magnesium: 4.64mg (1.16%), Fiber: 0.29g (1.15%)