



Chicken Cordon Bleu Pizza

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons parmesan cheese grated
- 0.3 cup water hot
- 0.5 cup alfredo sauce (from 16-oz jar)
- 2 cups roasted chicken cooked chopped
- 0.5 cup finely-chopped ham cooked chopped
- 6 oz swiss cheese shredded finely
- 3 tablespoons spring onion sliced
- 1.5 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- pizza pan

Directions

- Heat oven to 425°F. Spray 12-inch pizza pan or cookie sheet with cooking spray.
- In medium bowl, stir Bisquick mix, Parmesan cheese and hot water until soft dough forms. Press dough in pizza pan, using fingers dipped in Bisquick mix; pinch edge to form 1/2-inch rim.
- Bake 7 to 8 minutes or until light golden brown.
- Spread pasta sauce over partially baked crust. Top with chicken, ham, Swiss cheese and green onions.
- Bake 10 to 15 minutes longer or until crust is golden brown and cheese is melted.

Nutrition Facts

 **PROTEIN 36.65%**  **FAT 60.85%**  **CARBS 2.5%**

Properties

Glycemic Index:7.38, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:7.0265217303582%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 186.42kcal (9.32%), Fat: 12.35g (18.99%), Saturated Fat: 6.09g (38.06%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.3g (0.33%), Cholesterol: 62.43mg (20.81%), Sodium: 274.06mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Selenium: 16.86µg (24.08%), Phosphorus: 218.62mg (21.86%), Calcium: 206.82mg (20.68%), Vitamin B3: 3.03mg (15.17%), Vitamin B12: 0.86µg (14.33%), Zinc: 1.68mg (11.22%), Vitamin B6: 0.18mg (8.94%), Vitamin B2: 0.14mg (8.16%), Vitamin B5: 0.5mg (4.99%), Vitamin K: 4.98µg (4.74%), Vitamin A: 224.07IU (4.48%), Magnesium: 16.84mg (4.21%), Vitamin B1: 0.06mg (4.2%),

Potassium: 123.6mg (3.53%), Iron: 0.55mg (3.06%), Vitamin C: 2.07mg (2.51%), Copper: 0.04mg (2.1%), Folate:
5.39µg (1.35%)