



Chicken Cordon Bleu Pizza

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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Equipment

bowl

baking sheet

oven

pizza pan

Directions

Heat oven to 425F. 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%)