



WHATSheATE



Chicken Corn Chowder Zucchini Crust Pizza

Popular

READY IN



40 min.

SERVINGS



2

CALORIES



1361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup alfredo sauce (see below)
- ☐ 2 tablespoons butter
- ☐ 4 slices bacon cooked cut into 1 inch pieces and
- ☐ 0.5 cup regular corn
- ☐ 1 clove garlic minced
- ☐ 0.5 cup heavy/whipping cream
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 1 pre-baked zucchini pizza crust

- ☐ 2 servings salt and pepper to taste
- ☐ 1 cup meat from a rotisserie chicken shredded cooked sliced
- ☐ 0.8 cup mozzarella cheese shredded
- ☐ 0.5 teaspoon thyme leaves chopped

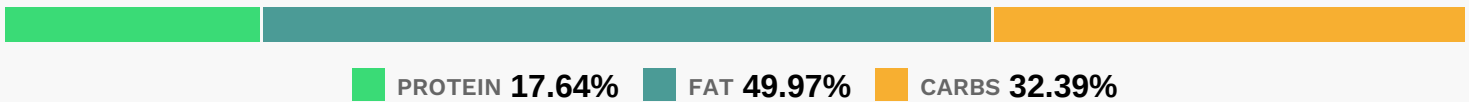
Equipment

- ☐ oven

Directions

- ☐ Spread the alfredo sauce on the pizza, top with the mozzarella, chicken, corn, bacon and thyme and bake in a preheated 450F until the cheese is bubbling, about 10–15 minutes.

Nutrition Facts



Properties

Glycemic Index:117.25, Glycemic Load:4.49, Inflammation Score:-8, Nutrition Score:21.229565060657%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1360.75kcal (68.04%), Fat: 75.46g (116.09%), Saturated Fat: 41.3g (258.13%), Carbohydrates: 110.03g (36.67%), Net Carbohydrates: 106.01g (38.55%), Sugar: 8.02g (8.91%), Cholesterol: 248.03mg (82.68%), Sodium: 2552.15mg (110.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.94g (119.88%), Calcium: 598.89mg (59.89%), Selenium: 37.5µg (53.57%), Phosphorus: 502.25mg (50.22%), Vitamin B3: 7.99mg (39.93%), Iron: 7.02mg (39.01%), Vitamin A: 1765.82IU (35.32%), Vitamin B12: 1.6µg (26.73%), Vitamin B2: 0.44mg (26.06%), Vitamin B6: 0.49mg (24.73%), Zinc: 3.54mg (23.63%), Fiber: 4.02g (16.06%), Vitamin B5: 1.46mg (14.58%), Vitamin B1: 0.2mg (13.47%), Potassium: 436.48mg (12.47%), Magnesium: 49.19mg (12.3%), Vitamin D: 1.25µg (8.31%), Vitamin E: 1.08mg (7.22%), Manganese: 0.13mg (6.48%), Copper: 0.1mg (4.91%), Folate: 19.24µg (4.81%), Vitamin C: 3.74mg (4.54%), Vitamin K: 4.24µg (4.04%)