



## Chicken-Feta Pizza

READY IN



22 min.

SERVINGS



22

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips chopped
- 4 oz athenos feta cheese with basil & tomato crumbled
- 1 Tbsp olive oil
- 1 ready-to-use baked pizza crust
- 1 cup mozzarella cheese shredded divided kraft
- 1 tomatoes halved thinly sliced

## Equipment

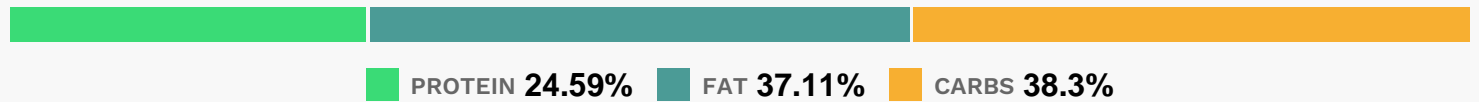
- baking sheet

oven

## Directions

- Heat oven to 450F.
- Place crust on baking sheet; spread with oil.
- Sprinkle with 3/4 cup mozzarella.
- Top with chicken, tomatoes, feta and remaining mozzarella.
- Bake 10 to 12 min. or until cheese is melted and crust is golden brown.
- Let stand 5 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:4.18, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.3743478176386%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 97.41kcal (4.87%), Fat: 3.99g (6.13%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 8.92g (3.24%), Sugar: 0.47g (0.52%), Cholesterol: 15.18mg (5.06%), Sodium: 192.15mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.89%), Calcium: 69.21mg (6.92%), Vitamin B3: 1.15mg (5.75%), Phosphorus: 54.36mg (5.44%), Selenium: 3.77µg (5.39%), Vitamin B2: 0.07mg (3.99%), Vitamin B12: 0.23µg (3.82%), Vitamin B6: 0.07mg (3.73%), Iron: 0.64mg (3.58%), Zinc: 0.38mg (2.56%), Vitamin A: 104.36IU (2.09%), Vitamin B5: 0.14mg (1.37%), Fiber: 0.34g (1.36%), Magnesium: 4.85mg (1.21%), Potassium: 40.11mg (1.15%), Vitamin B1: 0.02mg (1.13%), Vitamin E: 0.16mg (1.08%), Vitamin K: 1.06µg (1.01%)