



## Chicken Garlic Pizza

READY IN



35 min.

SERVINGS



6

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter softened
- 1 chicken breast boneless skinless
- 0.5 teaspoon basil dried
- 0.5 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 tablespoons spring onion chopped
- 0.3 cup parmesan cheese grated
- 10 ounce pizza dough refrigerated canned
- 0.5 cup ricotta cheese

2 roma tomatoes diced (plum)

## Equipment

frying pan

baking sheet

sauce pan

oven

pizza pan

## Directions

Place the chicken breast in a saucepan with enough water to cover. Bring to a boil, and cook until no longer pink, about 20 minutes.

Drain and cool slightly, then cut into strips.

Meanwhile, in a small skillet over medium heat, melt the butter with garlic, onion and basil.

Pour into a chilled dish to cool, and refrigerate until set.

Preheat the oven to 350 degrees F (175 degrees C).

Roll out the pizza dough, place onto a pizza pan or other baking sheet, and spread the herb butter over the surface using the back of a spoon. Arrange chicken on top, then dot with ricotta cheese. Top with tomato slices, cilantro and Parmesan cheese.

Bake for 15 to 20 minutes in the preheated oven, until crust is browned and center is cooked through.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:5.7373913189639%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 231.11kcal (11.56%), Fat: 9.62g (14.8%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 24g (8.73%), Sugar: 3.6g (4%), Cholesterol: 26.22mg (8.74%), Sodium: 499.94mg (21.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Selenium: 10.65µg (15.21%), Vitamin A: 583.36IU (11.67%), Vitamin K: 11.69µg (11.13%), Phosphorus: 107.79mg (10.78%), Vitamin B3: 2.15mg (10.75%), Vitamin B6: 0.19mg (9.35%), Iron: 1.64mg (9.13%), Calcium: 90.03mg (9%), Vitamin B2: 0.09mg (5%), Vitamin C: 4.12mg (4.99%), Potassium: 168.66mg (4.82%), Fiber: 1.1g (4.39%), Zinc: 0.6mg (3.98%), Vitamin B5: 0.36mg (3.64%), Manganese: 0.06mg (3.25%), Magnesium: 12.63mg (3.16%), Vitamin B12: 0.17µg (2.81%), Vitamin E: 0.39mg (2.6%), Folate: 9.02µg (2.26%), Vitamin B1: 0.03mg (1.87%), Copper: 0.03mg (1.63%)