



Chicken Parm Pizza

READY IN



37 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 leaves basil shredded
- 8 ounce tomato sauce canned
- 4 servings cornmeal for dough
- 1 Handful flat-leaf parsley chopped
- 3 cloves garlic chopped
- 1 pound ground chicken
- 2 tablespoons olive oil (extra-virgin plus a drizzle)
- 1 small onion chopped
- 2 pinches couple oregano dried

- 1 cup parmigiano-reggiano grated
- 1 pizza dough store bought
- 1.5 cups provolone cheese shredded
- 2 pinches couple pepper flakes red crushed
- 4 servings salt and pepper

Equipment

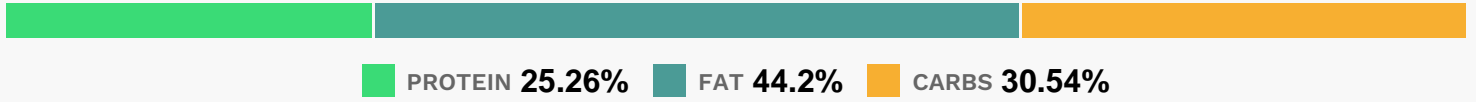
- frying pan
- baking sheet
- oven
- wooden spoon
- rolling pin
- pizza stone

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Coat hands and work surface with a little cornmeal or flour. Using your hand or a rolling pin, form a 14-inch round pizza.
- Place pizza on a baking sheet or pizza stone and poke the top with a few holes.
- Drizzle a little bit of extra-virgin olive oil down over the dough and place in oven.
- Bake 10 minutes.
- Meanwhile, heat a deep skillet over medium-high heat with 2 tablespoons of extra-virgin olive oil.
- Add meat and break it up with a wooden spoon. To browned meat, add garlic and onions, then season with salt and pepper. Cook together 5 to 6 minutes then add parsley, red pepper flakes, oregano and the tomatoes to the pan.
- Heat the sauce through.
- Remove pizza from oven after 10 minutes and top with sauce and cheeses. Return to oven and bake until golden and bubbly, another 10 to 12 minutes. Top the pizza with basil, cut and

serve.

Nutrition Facts



Properties

Glycemic Index:82.88, Glycemic Load:6.42, Inflammation Score:-8, Nutrition Score:24.781304110651%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 800.58kcal (40.03%), Fat: 39.67g (61.03%), Saturated Fat: 17.04g (106.52%), Carbohydrates: 61.67g (20.56%), Net Carbohydrates: 57.79g (21.02%), Sugar: 9.51g (10.57%), Cholesterol: 148.68mg (49.56%), Sodium: 2000.83mg (86.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.01g (102.03%), Calcium: 704.49mg (70.45%), Phosphorus: 669.01mg (66.9%), Vitamin B6: 0.81mg (40.55%), Vitamin B3: 7.36mg (36.8%), Selenium: 25.75µg (36.79%), Vitamin B2: 0.57mg (33.71%), Zinc: 4.48mg (29.84%), Iron: 5.27mg (29.25%), Vitamin K: 30.51µg (29.05%), Vitamin B12: 1.66µg (27.63%), Potassium: 933.19mg (26.66%), Vitamin A: 1017.45IU (20.35%), Vitamin B5: 1.87mg (18.67%), Magnesium: 72.52mg (18.13%), Vitamin E: 2.46mg (16.43%), Fiber: 3.87g (15.5%), Vitamin B1: 0.2mg (13.4%), Manganese: 0.25mg (12.41%), Copper: 0.21mg (10.26%), Vitamin C: 7.42mg (8.99%), Folate: 22.87µg (5.72%), Vitamin D: 0.37µg (2.48%)