



Chicken Parmesan Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz bread frozen
- ☐ 6 chicken tenderloins
- ☐ 2 tablespoons basil fresh chopped
- ☐ 4 oz pizza cheese shredded italian
- ☐ 0.5 cup tomato sauce canned

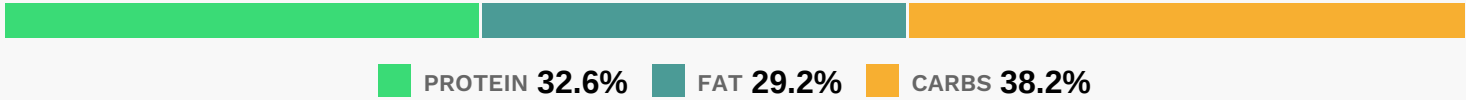
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange garlic bread, buttered sides up, on a baking sheet.
- ☐ Bake at 400 for 8 to 9 minutes or until bread is lightly browned.
- ☐ Spread pizza sauce over garlic bread.
- ☐ Cut chicken strips into 1/2-inch pieces, and arrange over pizza sauce.
- ☐ Sprinkle with cheese and basil.
- ☐ Bake at 400 for 8 to 10 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:18.62, Inflammation Score:-5, Nutrition Score:18.089130297951%

Nutrients (% of daily need)

Calories: 378.28kcal (18.91%), Fat: 12.34g (18.98%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 33g (12%), Sugar: 5.15g (5.73%), Cholesterol: 53.67mg (17.89%), Sodium: 621.3mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.98%), Selenium: 44.6µg (63.71%), Vitamin B3: 12.1mg (60.48%), Manganese: 0.9mg (45.02%), Vitamin B6: 0.67mg (33.6%), Phosphorus: 257.76mg (25.78%), Vitamin B1: 0.35mg (23.13%), Iron: 3.15mg (17.53%), Vitamin B5: 1.75mg (17.47%), Folate: 66.68µg (16.67%), Vitamin B2: 0.27mg (16.13%), Calcium: 155.1mg (15.51%), Potassium: 471.34mg (13.47%), Magnesium: 53.79mg (13.45%), Fiber: 3.31g (13.24%), Zinc: 1.25mg (8.32%), Vitamin K: 8.63µg (8.22%), Copper: 0.16mg (8.21%), Vitamin E: 0.73mg (4.84%), Vitamin A: 209.27IU (4.19%), Vitamin C: 3.37mg (4.08%), Vitamin B12: 0.15µg (2.5%)