



## Chicken Parmesan Pizza

READY IN



25 min.

SERVINGS



25

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup bell pepper green
- 1 small onion separated sliced
- 0.3 cup parmesan cheese grated kraft
- 0.8 cup classico family favorites pasta sauce traditional
- 1 ready-to-use baked pizza crust
- 1 cup milk mozzarella cheese shredded 2% kraft

## Equipment

baking sheet

oven

## Directions

Heat oven to 450F.

Place pizza crust on baking sheet; spread with pasta sauce.

Top with remaining ingredients.

Bake 8 to 10 min. or until mozzarella is melted.

## Nutrition Facts



**PROTEIN 26.56%** **FAT 27.82%** **CARBS 45.62%**

## Properties

Glycemic Index:4.36, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.0730434844027%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 76.96kcal (3.85%), Fat: 2.37g (3.64%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 8.29g (3.01%), Sugar: 0.74g (0.82%), Cholesterol: 10.48mg (3.49%), Sodium: 175.5mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Calcium: 51.8mg (5.18%), Vitamin B3: 1.03mg (5.15%), Selenium: 3.16µg (4.52%), Phosphorus: 43.22mg (4.32%), Vitamin C: 3.12mg (3.78%), Iron: 0.61mg (3.41%), Vitamin B6: 0.06mg (3.04%), Vitamin B12: 0.14µg (2.39%), Zinc: 0.28mg (1.88%), Vitamin B2: 0.03mg (1.85%), Fiber: 0.45g (1.79%), Vitamin A: 86.15IU (1.72%), Potassium: 54.41mg (1.55%), Magnesium: 5.02mg (1.25%), Vitamin B5: 0.11mg (1.05%), Vitamin E: 0.15mg (1.01%)