



Chicken Pesto Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup basil pesto refrigerated
- 1 cup chicken breast shredded cooked
- 2 cups cheese blend shredded italian reduced-fat
- 13.8 ounce artisan pizza crust whole refrigerated with grain pillsbury® canned
- 2 large plum tomatoes thinly sliced (Roma)

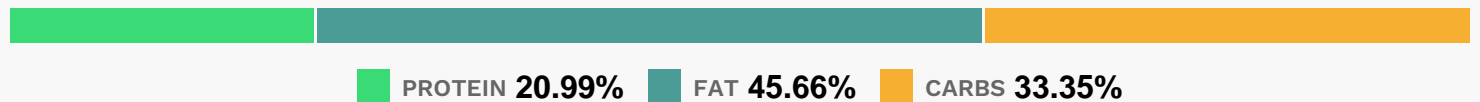
Equipment

- frying pan
- oven

Directions

- Heat oven to 400 degrees F for dark or nonstick pan (425 degrees F for all other pans). Spray 15x10-inch pan with sides with cooking spray.
- Unroll dough in pan; starting at center, press dough into 15x10-inch rectangle.
- Bake about 8 minutes or until light brown.
- Spread pesto to within 1/2 inch of edges of crust. Top with 1 1/2 cups of the cheese, the chicken and tomatoes; sprinkle with remaining 1/2 cup cheese.
- Bake 5 minutes longer or until edges of crust are golden brown and cheese is melted.
- Sprinkle with basil. To serve, cut into 6 rows by 3 rows

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:4.3691304092822%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 420.33kcal (21.02%), Fat: 21.53g (33.12%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 33.81g (12.3%), Sugar: 2.19g (2.43%), Cholesterol: 26.62mg (8.87%), Sodium: 628.48mg (27.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.54%), Calcium: 172.08mg (17.21%), Iron: 2.23mg (12.4%), Vitamin A: 598.36IU (11.97%), Vitamin B3: 1.96mg (9.81%), Selenium: 5.74µg (8.2%), Fiber: 1.56g (6.25%), Vitamin B6: 0.11mg (5.61%), Phosphorus: 49.76mg (4.98%), Vitamin C: 2.83mg (3.43%), Potassium: 102.41mg (2.93%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.25mg (2.45%), Vitamin B2: 0.04mg (2.25%), Magnesium: 7.17mg (1.79%), Vitamin K: 1.63µg (1.55%), Vitamin B1: 0.02mg (1.47%), Manganese: 0.03mg (1.38%), Copper: 0.03mg (1.27%), Vitamin B12: 0.07µg (1.13%), Folate: 4.27µg (1.07%)