



Chicken Pesto Pizza

READY IN



20 min.

SERVINGS



6

CALORIES



1439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce artichoke hearts drained
- 0.5 cup pesto basil sauce
- 2 cups chicken breast strips cooked
- 0.5 cup fontina shredded
- 12 inch pre-baked pizza crust

Equipment

- oven

Directions

- Preheat the oven to 450 degrees F (230 degrees C).
- Spread pesto sauce over the pizza crust. Arrange chicken pieces and artichoke hearts over the sauce, and sprinkle with cheese.
- Bake for 8 to 10 minutes in the preheated oven, until cheese is melted and lightly browned at the edges.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:12.20304345048%

Nutrients (% of daily need)

Calories: 1439.01kcal (71.95%), Fat: 33.25g (51.16%), Saturated Fat: 14.17g (88.54%), Carbohydrates: 222.04g (74.01%), Net Carbohydrates: 214.45g (77.98%), Sugar: 7.88g (8.75%), Cholesterol: 54.08mg (18.03%), Sodium: 2817.4mg (122.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.59g (119.18%), Iron: 12.92mg (71.81%), Calcium: 511.64mg (51.16%), Vitamin B3: 6.42mg (32.08%), Fiber: 7.59g (30.37%), Selenium: 14.48µg (20.68%), Vitamin B6: 0.29mg (14.46%), Phosphorus: 144.46mg (14.45%), Vitamin A: 526.87IU (10.54%), Vitamin B12: 0.34µg (5.72%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.5mg (4.98%), Vitamin B2: 0.08mg (4.45%), Magnesium: 15.07mg (3.77%), Potassium: 126.51mg (3.61%), Vitamin B1: 0.04mg (2.33%), Copper: 0.03mg (1.28%), Vitamin E: 0.16mg (1.04%)