



Chicken Pesto Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings base
- ☐ 1 pound dough fresh
- ☐ 0.3 cup parmigiano-reggiano cheese fresh grated
- ☐ 3 tablespoons pesto prepared
- ☐ 0.5 cup bell pepper red sliced
- ☐ 0.5 cup roasted chicken breast shredded

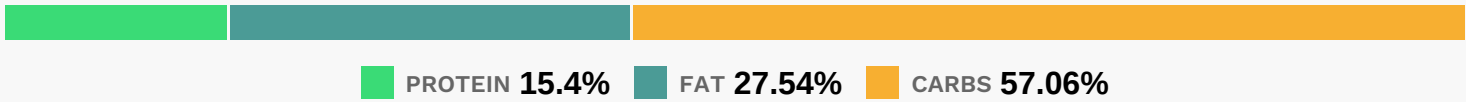
Equipment

- ☐ oven

Directions

- ☐ Roll dough into a 14-inch base
- ☐ Add ingredients to dough base
- ☐ Bake according to package directions
- ☐ Cut into 8 slices each

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:11.07, Inflammation Score:-5, Nutrition Score:8.0078260496907%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 222.11kcal (11.11%), Fat: 6.67g (10.26%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 29.73g (10.81%), Sugar: 0.84g (0.94%), Cholesterol: 10.05mg (3.35%), Sodium: 623.36mg (27.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Selenium: 16.61µg (23.73%), Vitamin B1: 0.32mg (21.41%), Vitamin B3: 3.64mg (18.21%), Vitamin C: 11.92mg (14.45%), Manganese: 0.29mg (14.31%), Folate: 55.07µg (13.77%), Vitamin B2: 0.22mg (13.18%), Iron: 2.03mg (11.29%), Phosphorus: 88.83mg (8.88%), Vitamin A: 431.23IU (8.62%), Calcium: 54.86mg (5.49%), Fiber: 1.36g (5.45%), Vitamin B6: 0.1mg (5.07%), Magnesium: 14.03mg (3.51%), Copper: 0.06mg (3.21%), Zinc: 0.48mg (3.18%), Vitamin B5: 0.3mg (3.02%), Potassium: 90.91mg (2.6%), Vitamin K: 1.95µg (1.86%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.29%)