



Chicken-Pesto Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



1061 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces bread crumbs italian ready-to-serve (12 to 14 inches in diameter)
- 7 ounces basil pesto refrigerated
- 1 cup roasted chicken cooked chopped
- 4 roma tomatoes chopped (plum)
- 0.3 cup sun-dried olives drained sliced
- 6 ounces provolone cheese shredded

Equipment

- baking sheet

oven

Directions

- Heat oven to 450°.
- Place bread shell on ungreased cookie sheet.
- Spread pesto evenly over bread shell. Top with chicken, tomatoes and cheese.
- Bake about 10 minutes or until cheese is melted.

Nutrition Facts

PROTEIN 12.31% **FAT 61.24%** **CARBS 26.45%**

Properties

Glycemic Index:23.75, Glycemic Load:1.78, Inflammation Score:-8, Nutrition Score:18.254782661148%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 1061.37kcal (53.07%), Fat: 72.35g (111.3%), Saturated Fat: 32.9g (205.62%), Carbohydrates: 70.32g (23.44%), Net Carbohydrates: 63.97g (23.26%), Sugar: 41.08g (45.65%), Cholesterol: 59.56mg (19.85%), Sodium: 1230.43mg (53.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.72g (65.44%), Vitamin B3: 8.92mg (44.59%), Calcium: 419.32mg (41.93%), Vitamin A: 1965.28IU (39.31%), Phosphorus: 359.43mg (35.94%), Fiber: 6.35g (25.41%), Folate: 91.42µg (22.85%), Iron: 4.11mg (22.81%), Potassium: 767.66mg (21.93%), Selenium: 15.15µg (21.65%), Vitamin B2: 0.34mg (19.73%), Vitamin B1: 0.25mg (16.52%), Zinc: 2.37mg (15.83%), Magnesium: 58.69mg (14.67%), Vitamin C: 11.19mg (13.56%), Vitamin B6: 0.25mg (12.35%), Vitamin B12: 0.72µg (12.04%), Manganese: 0.21mg (10.39%), Vitamin K: 8.79µg (8.37%), Copper: 0.17mg (8.26%), Vitamin B5: 0.74mg (7.41%), Vitamin E: 0.43mg (2.89%), Vitamin D: 0.21µg (1.42%)