



Chicken Pizza

READY IN



60 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornmeal
- ☐ 4 ounces crimini mushrooms sliced
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 4 ounces fontina shredded
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 tablespoon garlic fresh chopped
- ☐ 4 ounce sausage sweet italian
- ☐ 2.5 tablespoons olive oil divided
- ☐ 0.3 cup onion vertically sliced

- ☐ 2 tablespoons parsley chopped
- ☐ 12 ounce pizza dough fresh
- ☐ 1 bell pepper red seeded sliced
- ☐ 12 ounce chicken breast halves boneless skinless cubed

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Let dough rest, covered, at room temperature for 30 minutes.
- ☐ Preheat oven to 45
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 1/2 teaspoons oil, chicken, and sausage; saut 5 minutes.
- ☐ Remove mixture from pan.
- ☐ Add 1 tablespoon oil to pan; swirl.
- ☐ Add onion, mushrooms, and garlic; saut 5 minutes, stirring constantly.
- ☐ Punch dough down.
- ☐ Sprinkle a baking sheet with cornmeal.
- ☐ Roll dough out to a 14-inch circle on baking sheet.
- ☐ Brush dough with 1 tablespoon oil; sprinkle with 2 ounces cheese. Arrange chicken mixture, vegetable mixture, and bell pepper over cheese, leaving a 1/4-inch border. Top with remaining cheese and crushed red pepper.
- ☐ Bake at 450 for 20 minutes or until golden.
- ☐ Sprinkle with herbs.
- ☐ Cut into slices.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:15.882173672966%

Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 412.98kcal (20.65%), Fat: 21.05g (32.38%), Saturated Fat: 7.36g (45.99%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 29.58g (10.76%), Sugar: 5.3g (5.89%), Cholesterol: 72.57mg (24.19%), Sodium: 772.53mg (33.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.88%), Selenium: 30.82µg (44.03%), Vitamin B3: 7.56mg (37.8%), Vitamin C: 30.2mg (36.6%), Vitamin B6: 0.61mg (30.64%), Vitamin K: 27.27µg (25.97%), Phosphorus: 246.84mg (24.68%), Vitamin A: 1028.92IU (20.58%), Vitamin B2: 0.25mg (14.54%), Iron: 2.5mg (13.89%), Vitamin B5: 1.36mg (13.62%), Calcium: 124.39mg (12.44%), Vitamin B1: 0.19mg (12.41%), Potassium: 429.82mg (12.28%), Zinc: 1.67mg (11.14%), Vitamin B12: 0.62µg (10.36%), Vitamin E: 1.42mg (9.49%), Copper: 0.15mg (7.47%), Fiber: 1.81g (7.23%), Magnesium: 27.93mg (6.98%), Manganese: 0.12mg (6.21%), Folate: 22.69µg (5.67%), Vitamin D: 0.19µg (1.26%)