



Chicken Pizza

READY IN



45 min.

SERVINGS



12

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper cored seeded cut into strips
- ☐ 6 slices bacon crumbled crisp cooked
- ☐ 2 teaspoons garlic minced
- ☐ 4 tablespoons olive oil
- ☐ 27.6 ounce uncook pizza crust canned
- ☐ 1 onion red sliced
- ☐ 8 ounces cheddar cheese shredded
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 3 chicken breast halves diced boneless skinless

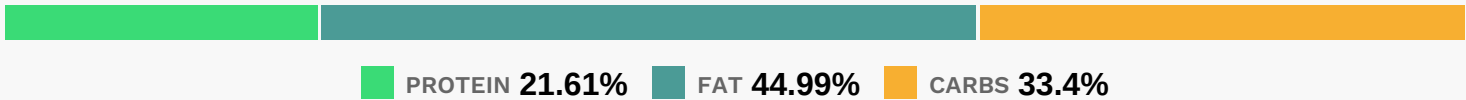
Equipment

☐ oven

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Roll the pizza dough out and fit onto two 15-inch pizza pans.
- ☐ Drizzle 1 tablespoon of olive oil and 1 teaspoon of garlic on each pizza crust, followed by 1/2 cup each of the mozzarella cheese and 1/2 cup of the cheddar cheese. Scatter half of the bell pepper, sliced onion, chicken, and bacon on top of the cheeses.
- ☐ Sprinkle another 1/2 cup mozzarella cheese and 1/2 cup cheddar cheese over each pizza and drizzle each pizza with 1 tablespoon more of olive oil.
- ☐ Bake the pizzas for 20 to 25 minutes, or until the crusts are lightly browned. Slice each pizza into 8 pieces.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:10.174347851587%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 410.8kcal (20.54%), Fat: 20.45g (31.47%), Saturated Fat: 8.89g (55.56%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 32.81g (11.93%), Sugar: 2.05g (2.28%), Cholesterol: 55.87mg (18.62%), Sodium: 688.79mg (29.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.21%), Calcium: 293.94mg (29.39%),

Selenium: 19.76µg (28.22%), Phosphorus: 234.31mg (23.43%), Vitamin B3: 3.51mg (17.54%), Vitamin C: 13.87mg (16.81%), Vitamin B6: 0.3mg (14.95%), Vitamin A: 637.81IU (12.76%), Vitamin B12: 0.73µg (12.19%), Iron: 2.13mg (11.81%), Vitamin B2: 0.19mg (10.93%), Zinc: 1.58mg (10.52%), Vitamin E: 1.08mg (7.19%), Vitamin B5: 0.6mg (5.98%), Fiber: 1.36g (5.44%), Potassium: 189.76mg (5.42%), Magnesium: 19.7mg (4.92%), Vitamin B1: 0.06mg (4.15%), Vitamin K: 4.29µg (4.08%), Folate: 12.74µg (3.19%), Manganese: 0.04mg (2.2%), Vitamin D: 0.23µg (1.55%), Copper: 0.03mg (1.34%)