



## Chicken Puttanesca Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons capers
- 6 ounce chicken breast strips/pre-cooked/chopped italian-style cooked (such as Louis Rich)
- 0.3 teaspoon pepper red crushed
- 3 ounces part-skim mozzarella cheese shredded
- 1.3 cups pasta sauce (such as Classico)
- 10 ounce pizza cheese italian cheese-flavored (such as Boboli)

### Equipment

- baking sheet

oven

## Directions

Preheat oven to 45

Place pizza crust on a baking sheet.

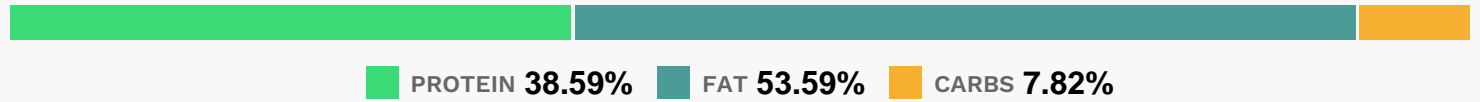
Spread pasta sauce over crust, leaving a 1-inch border; top with capers, pepper, and chicken.

Sprinkle with cheese.

Bake at 450 for 12 minutes or until the crust is crisp.

Cut into 4 wedges.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:10.243912943031%

## Flavonoids

Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

## Nutrients (% of daily need)

Calories: 371.86kcal (18.59%), Fat: 22.89g (35.22%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.22g (2.26%), Sugar: 3.16g (3.51%), Cholesterol: 63.93mg (21.31%), Sodium: 714.58mg (31.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.18%), Vitamin B3: 6.68mg (33.42%), Calcium: 326.64mg (32.66%), Selenium: 15.33µg (21.89%), Phosphorus: 217.92mg (21.79%), Vitamin B6: 0.35mg (17.65%), Potassium: 372.11mg (10.63%), Vitamin A: 503.26IU (10.07%), Vitamin B2: 0.17mg (9.91%), Vitamin E: 1.38mg (9.18%), Zinc: 1.2mg (8%), Magnesium: 29.99mg (7.5%), Iron: 1.31mg (7.29%), Vitamin C: 5.76mg (6.98%), Vitamin B5: 0.68mg (6.81%), Copper: 0.13mg (6.25%), Vitamin B12: 0.32µg (5.32%), Fiber: 1.3g (5.2%), Manganese: 0.1mg (4.98%), Vitamin B1: 0.05mg (3.58%), Vitamin K: 3.13µg (2.98%), Folate: 11.23µg (2.81%)