



WHATSheATE



Chicken, Red Grape, and Pesto Pizza

READY IN



32 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces chicken breast shredded boneless skinless
- ☐ 4 ounces mozzarella fresh thinly sliced
- ☐ 3 garlic clove thinly sliced
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 cup basil pesto refrigerated
- ☐ 11 ounce uncook pizza crust refrigerated canned
- ☐ 1.5 cups grapes red seedless halved
- ☐ 3 tablespoons pecorino cheese grated

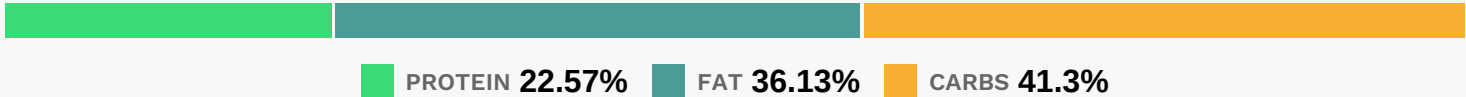
Equipment

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 42
- ☐ On a lightly floured surface, pat dough into a 12-inch circle; gently place dough on a pizza pan coated with cooking spray.
- ☐ Spread pesto evenly over dough, leaving a 1/2-inch border around edges. Arrange grapes evenly over dough; top evenly with chicken. Top with garlic and mozzarella; sprinkle with Romano and pepper.
- ☐ Bake at 425 for 20 minutes or until crust is golden brown.
- ☐ Sprinkle with onions.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:3.34, Inflammation Score:-4, Nutrition Score:8.6513043719789%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 334.35kcal (16.72%), Fat: 13.41g (20.63%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 32.99g (12%), Sugar: 7.4g (8.22%), Cholesterol: 42.82mg (14.27%), Sodium: 598.48mg (26.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.7%), Selenium: 15.95µg (22.79%), Vitamin B3: 4.07mg (20.34%), Calcium: 203.22mg (20.32%), Phosphorus: 176.8mg (17.68%), Vitamin B6: 0.35mg (17.3%), Vitamin K: 14.86µg (14.16%), Iron: 1.97mg (10.93%), Vitamin A: 494.28IU (9.89%), Vitamin B12: 0.53µg (8.91%), Vitamin B2: 0.13mg (7.77%), Potassium: 247.1mg (7.06%), Vitamin B5: 0.61mg (6.08%), Fiber: 1.51g (6.02%), Zinc:

0.9mg (5.98%), Magnesium: 18.63mg (4.66%), Vitamin B1: 0.06mg (4.15%), Manganese: 0.08mg (4.05%), Vitamin C: 2.91mg (3.53%), Copper: 0.07mg (3.5%), Folate: 6.49µg (1.62%), Vitamin E: 0.21mg (1.4%)