



 **79%**
HEALTH SCORE

Chicken, Spinach, and Feta Pizza

 **Gluten Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup alfredo sauce refrigerated reduced-fat (such as Contadina)
- 4 ounce feta cheese with basil and sun-dried tomatoes crumbled
- 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- 1.5 cups roasted chicken breast shredded
- 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

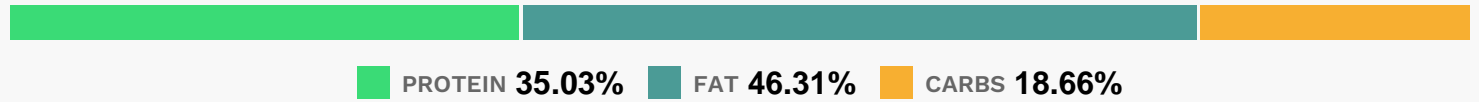
- baking sheet
- oven

pizza pan

Directions

- Preheat oven to 45
- Place pizza crust on an ungreased baking sheet or pizza pan.
- Combine Alfredo sauce and spinach; spoon over pizza crust.
- Sprinkle chicken and feta cheese over spinach.
- Bake at 450 for 10 to 12 minutes or until golden.
- Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:29.570434988841%

Nutrients (% of daily need)

Calories: 445.03kcal (22.25%), Fat: 24.23g (37.27%), Saturated Fat: 5.21g (32.56%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 16.42g (5.97%), Sugar: 11.45g (12.72%), Cholesterol: 72.36mg (24.12%), Sodium: 395.19mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.47%), Vitamin K: 276µg (262.86%), Vitamin A: 8569.46IU (171.39%), Manganese: 1.03mg (51.56%), Vitamin B3: 10.12mg (50.62%), Potassium: 1352.01mg (38.63%), Folate: 124.14µg (31.04%), Magnesium: 123.38mg (30.84%), Selenium: 20.3µg (29%), Calcium: 272.23mg (27.22%), Vitamin B6: 0.53mg (26.55%), Copper: 0.53mg (26.52%), Phosphorus: 255.35mg (25.54%), Iron: 4.46mg (24.79%), Fiber: 5.54g (22.17%), Vitamin B2: 0.36mg (21.01%), Vitamin C: 15.01mg (18.2%), Vitamin B1: 0.25mg (16.87%), Vitamin E: 2.2mg (14.67%), Vitamin B5: 1.16mg (11.65%), Zinc: 1.49mg (9.91%), Vitamin B12: 0.18µg (2.98%)