



Chicken-Tomato Chutney Pizza

 Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce grilled chicken strips chopped such as Louis Rich
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 10 ounce pizza crust italian cheese-flavored
- ☐ 0.3 cup tomato chutney
- ☐ 1 cup baby squash yellow chopped 1

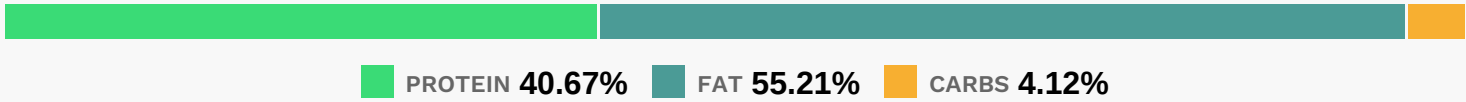
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place pizza crust on a baking sheet.
- ☐ Spread chutney over pizza crust; sprinkle chopped chicken, pepper, and squash over chutney. Top with cilantro and shredded cheese.
- ☐ Bake at 450 for 10 minutes.
- ☐ Cut into slices.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:7.9299998723942%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 298.86kcal (14.94%), Fat: 18.63g (28.67%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.8g (0.89%), Cholesterol: 64.07mg (21.36%), Sodium: 250.3mg (10.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.77%), Calcium: 253.36mg (25.34%), Selenium: 16.72µg (23.88%), Vitamin B3: 4.63mg (23.13%), Phosphorus: 205.47mg (20.55%), Vitamin B6: 0.29mg (14.65%), Vitamin B2: 0.17mg (9.99%), Zinc: 1.45mg (9.69%), Potassium: 214.35mg (6.12%), Vitamin B5: 0.61mg (6.06%), Vitamin B12: 0.32µg (5.32%), Vitamin C: 4.23mg (5.13%), Magnesium: 20.45mg (5.11%), Vitamin A: 248.98IU (4.98%), Iron: 0.83mg (4.61%), Vitamin K: 3.56µg (3.39%), Vitamin B1: 0.05mg (3.36%), Manganese: 0.06mg (3.25%), Folate: 11.36µg (2.84%), Copper: 0.05mg (2.65%), Fiber: 0.32g (1.29%)