

Cobb Salad Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.5 cup avocado diced peeled
- ☐ 2 cups the salad mixed packed
- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 ounce cheese blue divided crumbled
- ☐ 0.5 cup cherry tomatoes quartered
- ☐ 8 ounces chicken breast boneless skinless
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 11 ounce uncook pizza crust refrigerated canned
- ☐ 2 tablespoons onion red chopped
- ☐ 1 tablespoon citrus champagne vinegar

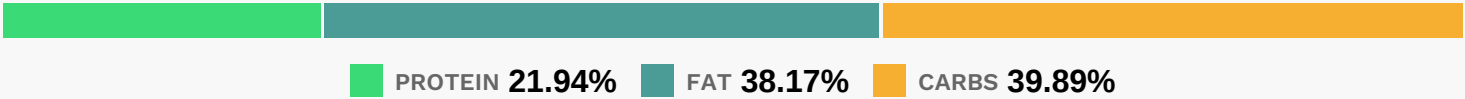
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425
- ☐ Unroll dough on a baking sheet coated with cooking spray; pat dough into a 14 x 12-inch rectangle. Lightly coat dough with cooking spray.
- ☐ Bake at 425 for 8 minutes or until golden.
- ☐ Remove from oven; sprinkle evenly with 2 tablespoons cheese. Set aside.
- ☐ Combine oil, vinegar, mustard, and 1/8 teaspoon pepper in a large bowl; stir with a whisk.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble bacon into oil mixture. Wipe pan clean with paper towels.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle chicken with remaining 1/8 teaspoon pepper.
- ☐ Add chicken to pan; cook 4 minutes on each side or until done.
- ☐ Remove chicken from pan; chop into 1/2-inch pieces.
- ☐ Add chicken, tomatoes, and onion to oil mixture; toss gently to combine.
- ☐ Add greens; toss gently. Top crust evenly with chicken mixture, avocado, and remaining 2 tablespoons cheese.
- ☐ Cut into 8 pieces.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:11.460869568845%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 419.04kcal (20.95%), Fat: 17.73g (27.28%), Saturated Fat: 5.77g (36.07%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 38.98g (14.17%), Sugar: 2.02g (2.25%), Cholesterol: 48.86mg (16.29%), Sodium: 649.56mg (28.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.85%), Vitamin B3: 6.97mg (34.87%), Selenium: 21.87µg (31.25%), Vitamin B6: 0.55mg (27.57%), Phosphorus: 187.72mg (18.77%), Iron: 2.82mg (15.68%), Vitamin C: 11.83mg (14.34%), Vitamin B5: 1.31mg (13.1%), Potassium: 427.05mg (12.2%), Calcium: 120.93mg (12.09%), Fiber: 2.71g (10.83%), Vitamin A: 422.04IU (8.44%), Vitamin B2: 0.13mg (7.83%), Vitamin E: 1.17mg (7.82%), Folate: 30.84µg (7.71%), Magnesium: 28.17mg (7.04%), Vitamin K: 7.08µg (6.75%), Vitamin B1: 0.1mg (6.51%), Zinc: 0.85mg (5.67%), Manganese: 0.11mg (5.63%), Copper: 0.09mg (4.34%), Vitamin B12: 0.25µg (4.25%)