



Double-Cheese, Spinach and Chicken Pizza

READY IN



15 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounces uncook pizza crust italian ready-to-serve
- ☐ 4 oz havarti cheese shredded
- ☐ 2 cups baby spinach fresh washed (from 10-oz bag)
- ☐ 1 cup roasted chicken diced cooked
- ☐ 0.3 cup roasted peppers red drained chopped (from 7-oz jar)
- ☐ 0.5 teaspoon garlic salt
- ☐ 4 oz cheddar cheese shredded

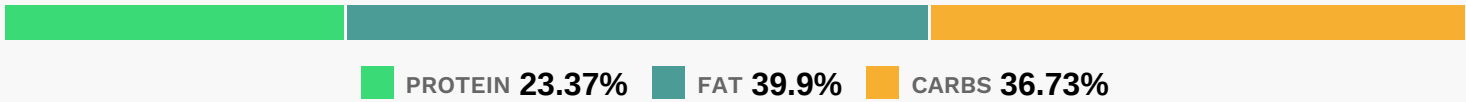
Equipment

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 425°F.
- ☐ Place pizza crust on ungreased pizza pan.
- ☐ Top with Havarti cheese, spinach, chicken, bell peppers, garlic salt and Cheddar cheese.
- ☐ Bake 8 to 10 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:11.394347766171%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 364.33kcal (18.22%), Fat: 16.1g (24.77%), Saturated Fat: 8.83g (55.2%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 32.06g (11.66%), Sugar: 1.1g (1.23%), Cholesterol: 53.03mg (17.68%), Sodium: 916.13mg (39.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.43%), Vitamin K: 48.75µg (46.43%), Calcium: 323.68mg (32.37%), Vitamin A: 1316.85IU (26.34%), Phosphorus: 237.6mg (23.76%), Selenium: 12.81µg (18.3%), Iron: 2.46mg (13.67%), Zinc: 1.87mg (12.46%), Vitamin B2: 0.2mg (11.8%), Vitamin B3: 1.97mg (9.86%), Folate: 36.81µg (9.2%), Vitamin B12: 0.53µg (8.81%), Vitamin B6: 0.16mg (7.78%), Vitamin C: 5.62mg (6.81%), Magnesium: 23.63mg (5.91%), Manganese: 0.12mg (5.83%), Fiber: 1.29g (5.16%), Potassium: 145.02mg (4.14%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.47mg (3.16%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.58%), Vitamin D: 0.16µg (1.09%)