



 **43%**
HEALTH SCORE

Fast and Easy Ricotta Cheese Pizza with Mushrooms, Broccoli, and Chicken

READY IN



40 min.

SERVINGS



1

CALORIES



8744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup broccoli fresh chopped
- 1 tablespoon butter
- 3 ounce mushrooms drained sliced canned
- 1 teaspoon garlic powder
- 1 serving pepper black to taste
- 1 teaspoon oregano dried
- 12 inch uncook pizza crust
- 8 ounce ricotta cheese

- 2 cups mozzarella cheese shredded
- 1 chicken breast boneless skinless cut into bite-sized chunks

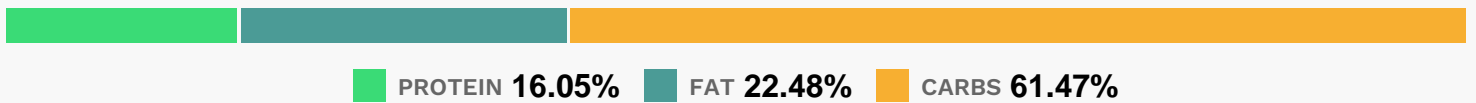
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Preheat an oven to 325 degrees F (165 degrees C).
- Melt 1 tablespoon butter in a skillet over medium heat. Cook the chicken in the butter until no longer pink and the juices run clear, 7 to 10 minutes; remove from heat and set aside.
- Combine the ricotta cheese, 1 tablespoon butter, garlic powder, oregano, salt, and pepper in a microwave-safe bowl.
- Heat in microwave for 1 minute; stir to combine.
- Spread the mixture over the pizza crust. Scatter the mozzarella cheese evenly over the pizza. Arrange the cooked chicken, broccoli, and mushrooms evenly on top of the pizza.
- Bake in the preheated oven until the cheese is melted, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:178, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:54.715652092643%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 8743.7kcal (437.18%), Fat: 217.43g (334.5%), Saturated Fat: 117.79g (736.22%), Carbohydrates: 1337.46g (445.82%), Net Carbohydrates: 1292.18g (469.88%), Sugar: 46.77g (51.97%), Cholesterol: 395.05mg (131.68%), Sodium: 16576.12mg (720.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 349.35g (698.69%), Iron: 77.94mg (433.02%), Calcium: 4139.67mg (413.97%), Fiber: 45.28g (181.13%), Selenium: 112.66µg (160.95%), Phosphorus: 1492.67mg (149.27%), Vitamin B12: 6.13µg (102.14%), Vitamin B2: 1.28mg (75.19%), Zinc: 10.78mg (71.85%), Vitamin B3: 14.01mg (70.07%), Vitamin A: 3215.93IU (64.32%), Vitamin K: 66.34µg (63.18%), Vitamin B6: 1.23mg (61.34%), Vitamin C: 40.69mg (49.32%), Vitamin B5: 3.41mg (34.09%), Potassium: 1140.91mg (32.6%), Magnesium: 129.29mg (32.32%), Folate: 91.93µg (22.98%), Manganese: 0.41mg (20.26%), Vitamin B1: 0.29mg (19.33%), Copper: 0.35mg (17.71%), Vitamin E: 1.95mg (13.02%), Vitamin D: 1.63µg (10.88%)