



French Bread Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf un bread french
- ☐ 8 ounce pineapple drained canned
- ☐ 12 ounces cherry tomatoes sliced
- ☐ 8 ounce chive & onion cream cheese softened
- ☐ 2 garlic cloves finely chopped
- ☐ 1 jalapeno seeds removed and sliced halved
- ☐ 4 servings kosher salt & ground pepper fresh
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.3 cup roasted pepper red coarsely chopped (the kind in the jar)

- ☐ 1 cup meat from a rotisserie chicken shredded cooked
- ☐ 1 cup mozzarella cheese shredded

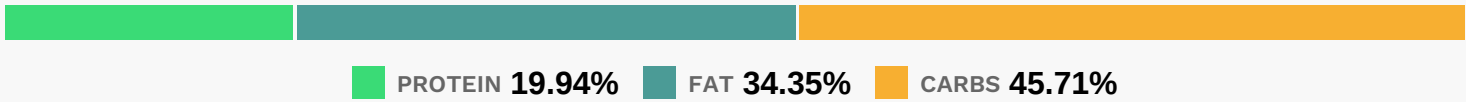
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 450 degrees F.Slice bread horizontally in half.Spray each cut side with canola oil.
- ☐ Place bread cut side up on cookie sheet.
- ☐ Bake for 5–8 minutes or until lightly browned.When it cools enough to handle, but still warm, spread cream cheese evenly over bread.
- ☐ Add sliced cherry tomatoes and chicken.Season with salt and pepper.
- ☐ Sprinkle with 1/3 cup of the cheese.
- ☐ Add the pineapple, peppers, garlic and onions.
- ☐ Sprinkle top with remaining cheese.
- ☐ Bake for 12–15 minutes or until cheese is melted and bread is heated through.NOTE: If you dont like your vegetables crisp, you can microwave them for about 60 seconds to soften them before adding to the pizza.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:40.56, Inflammation Score:–8, Nutrition Score:24.272608674091%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 613.74kcal (30.69%), Fat: 23.51g (36.16%), Saturated Fat: 12.77g (79.84%), Carbohydrates: 70.37g (23.46%), Net Carbohydrates: 66.4g (24.15%), Sugar: 17.45g (19.39%), Cholesterol: 83.52mg (27.84%), Sodium: 1431.08mg (62.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.41%), Selenium: 42.93µg (61.34%), Vitamin B1: 0.84mg (56.03%), Vitamin C: 35.5mg (43.04%), Vitamin B3: 8.35mg (41.76%), Folate: 145.36µg (36.34%), Vitamin B2: 0.6mg (35.21%), Manganese: 0.69mg (34.41%), Phosphorus: 307.54mg (30.75%), Iron: 5.34mg (29.69%), Calcium: 294.4mg (29.44%), Vitamin A: 1285.24IU (25.7%), Vitamin B6: 0.44mg (21.83%), Zinc: 2.63mg (17.51%), Copper: 0.32mg (16.24%), Magnesium: 64.3mg (16.07%), Fiber: 3.97g (15.89%), Potassium: 520.51mg (14.87%), Vitamin B12: 0.74µg (12.33%), Vitamin B5: 0.86mg (8.6%), Vitamin E: 0.88mg (5.86%), Vitamin K: 4.84µg (4.61%)