



Garlic Chicken Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces chicken breast shredded cooked
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1 ounce feta cheese crumbled
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 cup mushrooms chopped
- ☐ 1 ounce parmesan cheese fresh shredded finely
- ☐ 3 ounces part-skim mozzarella cheese shredded

- ☐ 16 ounce pizza crust italian cheese-flavored (such as Boboli)
- ☐ 1 cup plum tomatoes chopped
- ☐ 2 tablespoons red wine vinegar

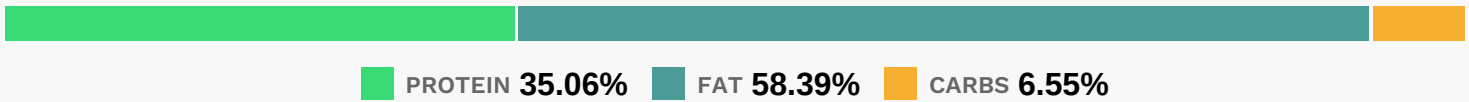
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients, stirring well with a whisk.
- ☐ Place crust on a baking sheet; brush vinegar mixture over crust. Top with chicken, tomato, and mushrooms; sprinkle with cheeses and green onions.
- ☐ Bake at 400 for 15 minutes or until cheeses melt.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:7.4334781921428%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 293.26kcal (14.66%), Fat: 19.63g (30.2%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.25g (1.54%), Sugar: 1.29g (1.44%), Cholesterol: 44.97mg (14.99%), Sodium: 326.04mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.04%), Calcium: 269.64mg (26.96%), Selenium: 12.14µg (17.34%), Phosphorus: 164.39mg (16.44%), Vitamin B3: 2.94mg (14.71%), Vitamin B2: 0.18mg (10.32%), Vitamin B6: 0.2mg (10.03%), Vitamin K: 9.17µg (8.73%), Vitamin A: 385.02IU (7.7%), Zinc: 1.09mg (7.23%), Vitamin C: 5.39mg (6.53%), Potassium: 207.88mg (5.94%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.28µg (4.61%),

Manganese: 0.09mg (4.52%), Magnesium: 17.46mg (4.37%), Copper: 0.09mg (4.31%), Iron: 0.69mg (3.84%),
Vitamin B1: 0.06mg (3.8%), Folate: 12.47µg (3.12%), Fiber: 0.71g (2.83%), Vitamin E: 0.22mg (1.45%)