



Gourmet Chicken Pizza

 Very Healthy

READY IN



55 min.

SERVINGS



1

CALORIES



3700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 1 garlic clove minced
- ☐ 1 cup bell pepper green sliced
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 cups monterrey jack cheese shredded
- ☐ 1 cup onion thinly sliced
- ☐ 10 ounce pizza crust refrigerated canned

- ☐ 0.5 cup salad dressing ranch-style
- ☐ 0.5 cup salsa
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 chicken breast halves boneless skinless
- ☐ 1 pound chicken breasts boneless skinless cut into 2-inch strips
- ☐ 1 cup tomatoes chopped
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly grease a pizza pan or medium baking sheet.
- ☐ Place chicken in a large skillet over medium-high heat. Cook until no longer pink, and juices run clear. Cool, then either shred or chop into small pieces.
- ☐ Unroll dough, and press into the prepared pizza pan or baking sheet.
- ☐ Bake crust for 7 minutes in the preheated oven, or until it begins to turn golden brown.
- ☐ Remove from oven.
- ☐ Spread ranch dressing over partially baked crust.
- ☐ Sprinkle on mozzarella cheese.
- ☐ Place tomatoes, green onion, and chicken on top of mozzarella cheese, then top with Cheddar cheese. Return to the oven for 20 to 25 minutes, until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:223, Glycemic Load:7.76, Inflammation Score:-10, Nutrition Score:80.087826023931%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 7.05mg, Luteolin: 7.05mg, Luteolin: 7.05mg, Luteolin: 7.05mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 39.36mg, Quercetin: 39.36mg, Quercetin: 39.36mg, Quercetin: 39.36mg

Nutrients (% of daily need)

Calories: 3700.2kcal (185.01%), Fat: 198.53g (305.43%), Saturated Fat: 91.52g (571.97%), Carbohydrates: 197.87g (65.96%), Net Carbohydrates: 182.02g (66.19%), Sugar: 53.08g (58.98%), Cholesterol: 837.56mg (279.19%), Sodium: 8907.68mg (387.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 280.71g (561.41%), Selenium: 307.03µg (438.61%), Vitamin B3: 75.32mg (376.62%), Phosphorus: 3546.62mg (354.66%), Calcium: 3249.38mg (324.94%), Vitamin B6: 6.48mg (323.88%), Vitamin C: 168.89mg (204.71%), Vitamin K: 188.09µg (179.13%), Vitamin A: 7741.39IU (154.83%), Vitamin B2: 2.6mg (152.66%), Zinc: 19.56mg (130.37%), Potassium: 4328.41mg (123.67%), Vitamin B12: 6.99µg (116.44%), Vitamin B5: 11.6mg (115.95%), Magnesium: 378.69mg (94.67%), Iron: 16.36mg (90.86%), Vitamin E: 11.3mg (75.32%), Fiber: 15.84g (63.37%), Vitamin B1: 0.85mg (56.93%), Manganese: 1.11mg (55.38%), Folate: 189.59µg (47.4%), Copper: 0.74mg (37.01%), Vitamin D: 3.16µg (21.08%)