



Gourmet White Pizza

READY IN



20 min.

SERVINGS



1

CALORIES



9064 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup alfredo sauce
- 2 tablespoons butter melted
- 2 cups rotisserie chicken breast meat cooked chopped
- 1 teaspoon basil dried
- 4 ounce feta cheese
- 3 tablespoons garlic minced
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 1 tablespoon parmesan cheese grated

- 12 inch pre-baked pizza crust
- 2 tablespoons sun-dried tomato pesto
- 1 medium tomatoes sliced

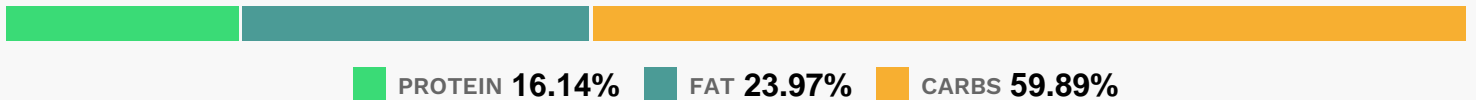
Equipment

- bowl
- oven

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a small bowl, mix together the butter, olive oil, garlic, pesto, basil, oregano, Parmesan cheese and Alfredo sauce. Arrange the chicken on top of the pizza crust.
- Pour the Alfredo sauce mixture evenly over the chicken. Top with tomato and feta cheese.
- Bake for 10 to 15 minutes in the preheated oven, until the crust is lightly browned and toppings are toasted.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:150, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:55.05913056498%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 9064.47kcal (453.22%), Fat: 239.65g (368.7%), Saturated Fat: 117.74g (735.85%), Carbohydrates: 1346.93g (448.98%), Net Carbohydrates: 1301.81g (473.39%), Sugar: 50.91g (56.57%), Cholesterol: 568.56mg (189.52%), Sodium: 18103.49mg (787.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 363.11g (726.22%),

Iron: 80.24mg (445.8%), Calcium: 3256.44mg (325.64%), Vitamin B3: 40.57mg (202.87%), Fiber: 45.12g (180.47%), Selenium: 99.85µg (142.64%), Vitamin B6: 2.6mg (129.8%), Phosphorus: 1130.91mg (113.09%), Vitamin B2: 1.38mg (80.9%), Vitamin A: 2542.02IU (50.84%), Vitamin K: 53.06µg (50.53%), Vitamin B12: 2.98µg (49.73%), Zinc: 6.92mg (46.13%), Vitamin B5: 4.12mg (41.25%), Manganese: 0.82mg (41.15%), Potassium: 1242.42mg (35.5%), Magnesium: 137.1mg (34.27%), Vitamin E: 4.81mg (32.05%), Vitamin B1: 0.47mg (31.42%), Vitamin C: 25.53mg (30.95%), Folate: 75.64µg (18.91%), Copper: 0.35mg (17.67%), Vitamin D: 0.76µg (5.06%)