



Grape, Chicken, and Walnut Pesto Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pesto prepared classico® such as
- ☐ 15 grapes red seedless halved lengthwise
- ☐ 16 ounce pizza dough refrigerated such as Trader Joe's®
- ☐ 0.5 cup meat from a rotisserie chicken shredded cooked
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 2 tablespoons walnut pieces

Equipment

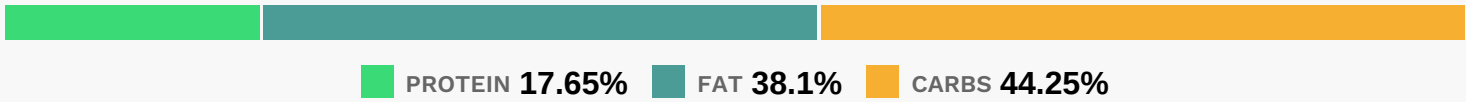
- ☐ oven

☐ pizza pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread pizza dough evenly onto a pizza pan.
- ☐ Bake pizza dough in preheated oven until slightly cooked, about 8 minutes.
- ☐ Spread pesto onto pizza crust in a thin layer, leaving edges exposed.
- ☐ Sprinkle mozzarella cheese over pesto layer; add chicken. Arrange grapes, cut-side up, around the crust.
- ☐ Sprinkle walnuts over pizza and season with black pepper.
- ☐ Bake in the preheated oven until cheese is melted and bottom of crust is lightly browned, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:1.8, Inflammation Score:-4, Nutrition Score:8.5382608512174%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg

Nutrients (% of daily need)

Calories: 539.81kcal (26.99%), Fat: 23.09g (35.52%), Saturated Fat: 8.02g (50.14%), Carbohydrates: 60.33g (20.11%), Net Carbohydrates: 57.88g (21.05%), Sugar: 11g (12.22%), Cholesterol: 47.54mg (15.85%), Sodium: 1241.73mg (53.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.12%), Calcium: 245.93mg (24.59%), Iron: 3.76mg (20.9%), Phosphorus: 203.33mg (20.33%), Vitamin B12: 1.01µg (16.81%), Selenium: 11.71µg (16.73%), Vitamin A: 616.95IU (12.34%), Zinc: 1.66mg (11.07%), Manganese: 0.2mg (9.98%), Fiber: 2.45g (9.81%), Vitamin B2: 0.17mg (9.72%), Vitamin B3: 1.51mg (7.57%), Vitamin B6: 0.13mg (6.51%), Copper: 0.12mg (5.9%), Magnesium: 21.29mg (5.32%), Potassium: 129.86mg (3.71%), Vitamin K: 3.84µg (3.66%), Vitamin B1: 0.05mg (3.56%), Vitamin B5: 0.27mg (2.67%), Folate: 9.09µg (2.27%), Vitamin D: 0.17µg (1.12%)