



## Grilled Chicken and Artichoke Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 oz artichoke hearts drained coarsely chopped well canned
- 9 oz chicken breast strips/pre-cooked/chopped diced frozen thawed cooked
- 0.3 cup mayonnaise
- 2 oz parmesan shredded finely
- 0.3 teaspoon hot sauce red
- 14 oz uncook pizza crust italian (12 inch)
- 0.3 cup bell pepper red chopped

### Equipment

bowl

grill

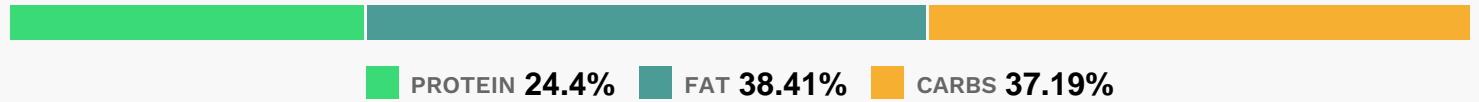
## Directions

Heat gas or charcoal grill. In medium bowl, mix artichokes, mayonnaise, red pepper sauce and 1/4 cup of the cheese.

Spread artichoke mixture over pizza crust. Top with chicken, bell pepper and remaining 1/4 cup cheese.

When grill is heated, place pizza on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 6 to 8 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:13.109130501747%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 584.5kcal (29.23%), Fat: 24.44g (37.61%), Saturated Fat: 7.41g (46.34%), Carbohydrates: 53.24g (17.75%), Net Carbohydrates: 49.95g (18.16%), Sugar: 3.01g (3.34%), Cholesterol: 71.7mg (23.9%), Sodium: 1292.46mg (56.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.94g (69.88%), Vitamin B3: 8.91mg (44.54%), Selenium: 21.24µg (30.34%), Vitamin K: 31.47µg (29.97%), Calcium: 269.97mg (27%), Phosphorus: 250.98mg (25.1%), Vitamin B6: 0.43mg (21.68%), Iron: 3.57mg (19.85%), Vitamin C: 16.08mg (19.49%), Fiber: 3.29g (13.15%), Vitamin A: 525.4IU (10.51%), Vitamin B2: 0.13mg (7.89%), Vitamin B5: 0.75mg (7.51%), Zinc: 1.09mg (7.25%), Vitamin B12: 0.41µg (6.82%), Vitamin E: 1.01mg (6.75%), Magnesium: 26.42mg (6.61%), Potassium: 206.63mg (5.9%), Vitamin B1: 0.06mg (3.92%), Folate: 10.2µg (2.55%), Copper: 0.04mg (2.08%), Manganese: 0.03mg (1.45%), Vitamin D: 0.17µg (1.15%)