



Grilled Mediterranean Chicken Pizza

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



2162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons capers drained
- ☐ 2 teaspoons tarragon dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup kalamata olives chopped
- ☐ 2 teaspoons olive oil divided
- ☐ 0.3 teaspoon pepper
- ☐ 20 inch quick-and-easy pizza crusts
- ☐ 12 ounces roasted skinned chopped (such as Tyson)

☐ 2 tablespoons oil-packed sun-dried tomato halves drained chopped

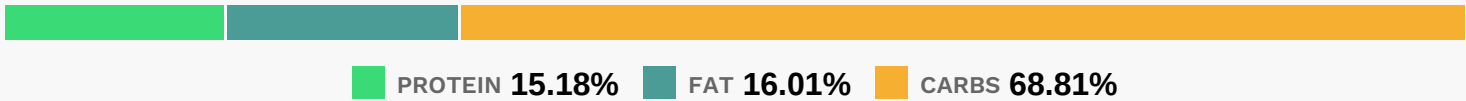
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Combine 1 1/2 teaspoons olive oil and pepper in a small bowl, and set the oil mixture aside.
- ☐ Heat 1/2 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add sun-dried tomato, olives, tarragon, and capers, and saute 2 minutes or until thoroughly heated.
- ☐ Add wine, and simmer 1 minute or until liquid almost evaporates.
- ☐ Remove from heat, and stir in chicken. Set chicken mixture aside.
- ☐ Prepare grill.
- ☐ Place 1 crust on grill rack coated with cooking spray; grill 3 minutes or until puffy and golden. Turn crust, grill-mark side up; brush with half of oil mixture. Top with half of chicken mixture. Cook 4 to 5 minutes or until crust is done. Repeat with remaining crust and toppings.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.51, Inflammation Score:1, Nutrition Score:15.93217377559%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 2162.1kcal (108.1%), Fat: 37.97g (58.42%), Saturated Fat: 17.74g (110.89%), Carbohydrates: 367.3g (122.43%), Net Carbohydrates: 355.45g (129.25%), Sugar: 12.23g (13.59%), Cholesterol: 36.29mg (12.1%), Sodium: 4170.15mg (181.31%), Alcohol: 2.06g (100%), Alcohol %: 0.31% (100%), Protein: 81g (162%), Iron: 21.18mg (117.64%), Calcium: 702.42mg (70.24%), Fiber: 11.86g (47.43%), Vitamin B3: 6.16mg (30.82%), Selenium: 18.35µg (26.21%), Vitamin B6: 0.46mg (22.92%), Phosphorus: 131.11mg (13.11%), Potassium: 305.04mg (8.72%), Vitamin B5: 0.85mg (8.54%), Manganese: 0.13mg (6.35%), Magnesium: 23.27mg (5.82%), Vitamin B2: 0.08mg (4.6%), Vitamin E: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.28%), Zinc: 0.42mg (2.78%), Copper: 0.05mg (2.73%), Vitamin C: 1.7mg (2.06%), Vitamin K: 2.09µg (1.99%), Vitamin B12: 0.11µg (1.89%), Vitamin A: 83.06IU (1.66%), Folate: 5.76µg (1.44%)