



## Grilled Spinach-Alfredo Pizza

READY IN



27 min.

SERVINGS



27

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup classico creamy alfredo pasta sauce
- 4 slices oscar mayer bacon crumbled cooked
- 1 tsp pepper red crushed
- 10 oz pkt spinach frozen thawed drained chopped well
- 2 Tbsp olive oil divided
- 1 lb pizza dough refrigerated at room temperature
- 1 cup mozzarella cheese shredded kraft
- 4 oz chicken breast boneless skinless cooked chopped ( 1 cup)

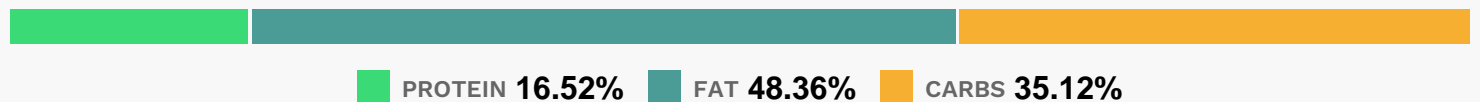
## Equipment

- sauce pan
- grill

## Directions

- Heat grill to medium heat.
- Cook and stir Alfredo sauce in medium saucepan on medium heat 4 to 5 min. or until heated through. Stir in spinach and crushed pepper.
- Remove from heat.
- Divide pizza dough into 4 pieces.
- Roll each piece into 12-inch round on lightly floured surface.
- Brush evenly with half the oil.
- Place, oiled sides down, on grill grate. Grill 5 min. or until bottoms are golden brown and lightly charred.
- Brush with remaining oil; turn.
- Top with spinach mixture, cheese, chicken and bacon. Grill 5 to 7 min. or until bottoms of crusts are golden brown and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:4.9556522259246%

## Nutrients (% of daily need)

Calories: 101.11kcal (5.06%), Fat: 5.46g (8.41%), Saturated Fat: 2.03g (12.72%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 8.35g (3.03%), Sugar: 1.3g (1.45%), Cholesterol: 14.14mg (4.71%), Sodium: 244.66mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin K: 39.87µg (37.97%), Vitamin A: 1283.68IU (25.67%), Selenium: 3.35µg (4.78%), Iron: 0.72mg (3.99%), Folate: 15.7µg (3.93%), Manganese: 0.08mg (3.87%), Calcium: 35.12mg (3.51%), Vitamin E: 0.51mg (3.41%), Phosphorus: 33.56mg (3.36%), Vitamin B3: 0.64mg (3.18%), Vitamin B6: 0.06mg (3.06%), Magnesium: 10.3mg (2.57%), Vitamin B2: 0.04mg (2.52%), Fiber: 0.58g (2.33%),

Vitamin B12: 0.12µg (1.99%), Potassium: 62.93mg (1.8%), Zinc: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.53%)