



Grilled White Chicken Pizza with Caramelized Sweet Onions

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup alfredo sauce refrigerated (from 10-oz container)
- ☐ 2 tablespoons butter
- ☐ 2 oz cream cheese
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 14 oz uncook pizza crust italian (12 inch)
- ☐ 1 cup rotisserie chicken cut shredded (from)
- ☐ 1 teaspoon sugar
- ☐ 3 cups onion sweet halved thinly sliced

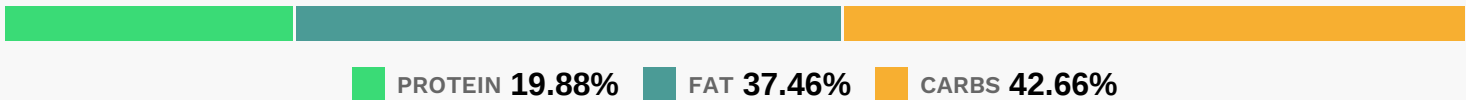
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ In 10-inch skillet, melt butter over medium heat. Cook onions and sugar in butter 20 to 25 minutes, stirring frequently, until deep golden brown and caramelized; stir in thyme leaves.
- ☐ Heat gas or charcoal grill.
- ☐ Spread cream cheese evenly over pizza crust. Top with Alfredo sauce, shredded chicken and onions.
- ☐ Place on grill over medium-low heat. Cover grill; cook 8 to 10 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:4.9460869276005%

Flavonoids

Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 559.33kcal (27.97%), Fat: 23.35g (35.92%), Saturated Fat: 9.27g (57.91%), Carbohydrates: 59.82g (19.94%), Net Carbohydrates: 57.17g (20.79%), Sugar: 9.39g (10.44%), Cholesterol: 84.65mg (28.22%), Sodium: 990.5mg (43.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.74%), Iron: 3.11mg (17.3%), Calcium: 132.08mg (13.21%), Fiber: 2.65g (10.59%), Vitamin A: 465.71IU (9.31%), Vitamin B6: 0.17mg (8.32%), Vitamin C: 6.57mg (7.97%), Folate: 29.17µg (7.29%), Manganese: 0.1mg (5.07%), Phosphorus: 49.71mg (4.97%), Potassium: 167.52mg (4.79%), Vitamin B2: 0.06mg (3.63%), Copper: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.56%), Magnesium: 13.09mg (3.27%), Selenium: 1.83µg (2.61%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.24mg (1.57%)