



Individual White Chicken Pizzas

READY IN



57 min.

SERVINGS



12

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 4 teaspoons cider vinegar
- ☐ 12 ounces chicken breast shredded cooked
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 cup basil leaves fresh
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 8 garlic cloves crushed
- ☐ 1 cup greek yogurt plain fat-free

- ☐ 1.7 cups preshredded 4-cheese italian-blend cheese reduced-fat
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 cups milk 2% reduced-fat
- ☐ 0.5 cup olive oil
- ☐ 3 ounces part-skim mozzarella cheese fresh
- ☐ 30 ounces pizza dough fresh refrigerated divided
- ☐ 4 thyme sprigs

Equipment

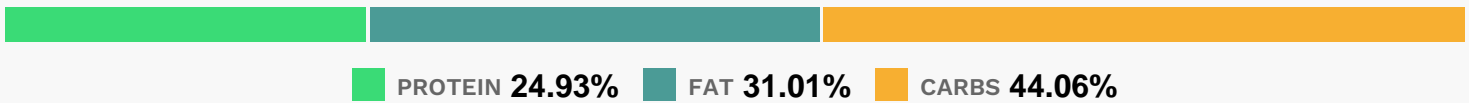
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ microwave
- ☐ pizza stone

Directions

- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 450 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Let pizza dough rest, covered, at room temperature as oven preheats.
- ☐ Combine oil and next 4 ingredients (through thyme sprigs) in a small saucepan over medium heat. Cook 4 minutes or until garlic begins to brown, stirring frequently.
- ☐ Remove from heat; let stand 5 minutes. Strain mixture through a fine sieve over a small bowl; discard solids.
- ☐ Combine milk, yogurt, and vinegar in a large microwave-safe bowl. Microwave at HIGH 6 minutes. Gently stir to form small curds. Strain curds through a fine sieve; let stand 5 minutes. Discard liquid.
- ☐ Combine oil mixture, cheese curds, and salt, stirring gently.

- ☐ Divide dough into 12 equal pieces (about 5 ounces each).
- ☐ Roll each piece into a 6-inch circle on a lightly floured surface (keep dough covered with a damp towel to prevent drying).
- ☐ Spread about 1 1/2 tablespoons oil mixture over each pizza, leaving a 1/2-inch border. Divide chicken, Italian-blend cheese, and mozzarella cheese evenly among pizzas; sprinkle evenly with thyme leaves and black pepper. Carefully remove pizza stone from oven. Arrange 3 to 4 pizzas on pizza stone.
- ☐ Bake at 450 for 8 minutes or until dough is golden and cheese browns. Repeat procedure with remaining pizzas, or follow freezing instructions.
- ☐ Sprinkle pizzas evenly with fresh basil leaves.
- ☐ Bake pizzas on preheated stone for only 5 minutes. Cool; wrap individually in heavy-duty foil, stack, and freeze up to 2 months.
- ☐ Place frozen pizzas on a baking sheet that's not preheated; bake at 450 for 13 minutes or until cheese browns.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:8.2930434637743%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 361.33kcal (18.07%), Fat: 12.59g (19.37%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 38.8g (14.11%), Sugar: 9.04g (10.05%), Cholesterol: 36.04mg (12.01%), Sodium: 750.41mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.55%), Calcium: 217.04mg (21.7%), Phosphorus: 188.8mg (18.88%), Selenium: 11.95µg (17.07%), Vitamin B2: 0.27mg (15.76%), Iron: 2.71mg (15.06%), Vitamin B3: 2.43mg (12.13%), Vitamin B12: 0.67µg (11.23%), Vitamin B6: 0.2mg (9.92%), Vitamin K: 8.2µg (7.81%), Zinc: 1.17mg (7.77%), Potassium: 233.91mg (6.68%), Manganese: 0.13mg (6.68%), Vitamin A: 327.97IU (6.56%), Vitamin B5: 0.64mg (6.43%), Fiber: 1.46g (5.84%), Magnesium: 22.69mg (5.67%), Vitamin C: 3.45mg (4.19%), Vitamin B1: 0.06mg (3.94%), Copper: 0.05mg (2.54%), Vitamin E: 0.37mg (2.49%), Folate: 9µg (2.25%)