



Peach and Gorgonzola Chicken Pizza

READY IN



20 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup chicken shredded cooked
- ☐ 1.5 ounces gorgonzola crumbled
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 2 ounces part-skim mozzarella cheese shredded divided
- ☐ 1 medium peaches unpeeled thinly sliced
- ☐ 10 ounce uncook pizza crust thin (such as Boboli)

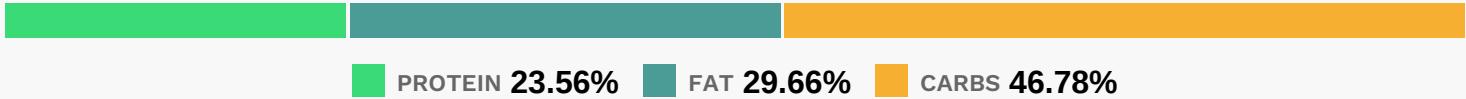
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place pizza crust on a baking sheet coated with cooking spray.
- ☐ Brush 1 teaspoon extra-virgin olive oil evenly over crust. Top evenly with 1/4 cup shredded mozzarella cheese, chicken, Gorgonzola cheese, and peach slices. Top with remaining 1/4 cup mozzarella.
- ☐ Bake at 400 for 11 minutes or until crust browns.
- ☐ Place vinegar in a small saucepan over medium-high heat; cook until reduced to 2 tablespoons (about 5 minutes).
- ☐ Drizzle balsamic reduction evenly over pizza.
- ☐ Cut pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:29.31, Glycemic Load:3.17, Inflammation Score:-3, Nutrition Score:7.4460870183032%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 368.56kcal (18.43%), Fat: 11.95g (18.38%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 40.77g (14.83%), Sugar: 7.61g (8.45%), Cholesterol: 43.3mg (14.43%), Sodium: 621.88mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.71%), Calcium: 242.85mg (24.29%),

Phosphorus: 186.26mg (18.63%), Selenium: 12.98µg (18.54%), Vitamin B3: 3.18mg (15.92%), Iron: 2.7mg (15.01%), Vitamin B6: 0.18mg (9.02%), Zinc: 1.31mg (8.73%), Vitamin B2: 0.15mg (8.63%), Fiber: 1.63g (6.53%), Vitamin B5: 0.59mg (5.93%), Vitamin B12: 0.35µg (5.79%), Vitamin A: 285.9IU (5.72%), Potassium: 188.83mg (5.4%), Magnesium: 18.61mg (4.65%), Copper: 0.06mg (3.13%), Vitamin E: 0.46mg (3.09%), Manganese: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.42%), Folate: 9.1µg (2.28%), Vitamin K: 2.21µg (2.1%), Vitamin C: 1.54mg (1.86%)