



Personal Chicken Pizzas

READY IN



25 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken breast shredded cooked
- 4 teaspoons parmesan cheese fresh grated
- 4 ounces part-skim mozzarella cheese shredded divided
- 0.8 cup tomato sauce
- 4 flatbreads pitas or mediterranean-style ()

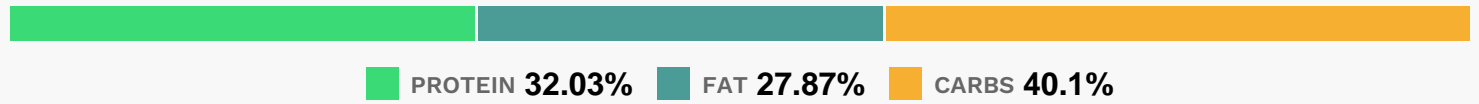
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 40
- Place the pitas on a baking sheet.
- Sprinkle each pita with 3 tablespoons shredded mozzarella, 1/4 cup chicken, 1 teaspoon grated fresh Parmesan cheese, and the remaining tablespoon of mozzarella cheese; then top with veggies (optional).
- Bake 1012 minutes, or until the pizza is heated through, cheese is melted, and bread is crisp on bottom.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:13.299565299698%

Nutrients (% of daily need)

Calories: 250.2kcal (12.51%), Fat: 7.91g (12.18%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 22.49g (8.18%), Sugar: 3.11g (3.46%), Cholesterol: 45.07mg (15.02%), Sodium: 603.9mg (26.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.46g (40.92%), Selenium: 30.79µg (43.99%), Manganese: 0.75mg (37.71%), Phosphorus: 289.8mg (28.98%), Calcium: 250.16mg (25.02%), Vitamin B3: 4.38mg (21.91%), Vitamin B6: 0.32mg (15.76%), Zinc: 2.05mg (13.67%), Fiber: 3.13g (12.52%), Magnesium: 48.8mg (12.2%), Iron: 2.16mg (11.99%), Vitamin B2: 0.2mg (11.91%), Vitamin B1: 0.17mg (11.59%), Copper: 0.2mg (9.81%), Potassium: 309.32mg (8.84%), Vitamin B5: 0.84mg (8.41%), Vitamin A: 357.43IU (7.15%), Vitamin E: 0.95mg (6.32%), Vitamin B12: 0.35µg (5.77%), Folate: 22.51µg (5.63%), Vitamin C: 3.22mg (3.9%), Vitamin K: 2.32µg (2.21%)