



 **26%**
HEALTH SCORE

Pesto Chicken Pizzas

READY IN



20 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup roasted chicken diced cooked
- 8 6-inch flour tortilla (es)
- 1 cup cilantro leaves fresh minced
- 1 cup parsley fresh minced
- 2 garlic clove
- 0.3 cup olive oil
- 2.3 ounces olives ripe drained sliced canned
- 0.3 cup parmesan cheese grated
- 0.5 cup part-skim mozzarella cheese shredded

- 0.5 cup cheddar cheese shredded
- 2 cups tomatoes diced
- 0.3 cup walnut pieces chopped

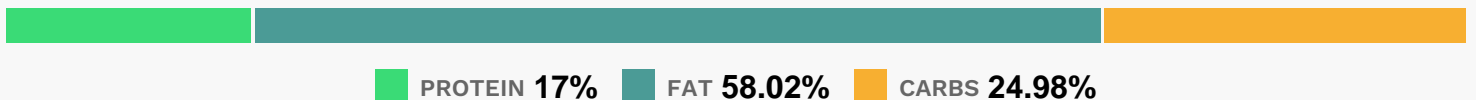
Equipment

- baking sheet
- oven
- blender

Directions

- For pesto, in a blender, combine the first five ingredients; cover and process until blended. While processing, add oil in a steady stream.
- Place tortillas on two ungreased baking sheets.
- Spread each with about 1 tablespoon pesto.
- Sprinkle with chicken, tomatoes, olives and cheese.
- Bake at 450° for 5–8 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:5.33, Inflammation Score:-8, Nutrition Score:16.059565215007%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 299.26kcal (14.96%), Fat: 19.54g (30.06%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 16.52g (6.01%), Sugar: 2.46g (2.73%), Cholesterol: 28.29mg (9.43%), Sodium: 528.09mg

(22.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Vitamin K: 138.97µg (132.36%), Vitamin A: 1257.08IU (25.14%), Selenium: 15.9µg (22.72%), Phosphorus: 219.16mg (21.92%), Calcium: 213.17mg (21.32%), Manganese: 0.4mg (19.9%), Vitamin C: 15.92mg (19.29%), Vitamin B3: 3.14mg (15.7%), Vitamin B1: 0.21mg (13.84%), Folate: 54.7µg (13.68%), Iron: 2.18mg (12.1%), Vitamin B2: 0.2mg (11.97%), Vitamin E: 1.7mg (11.35%), Fiber: 2.41g (9.62%), Zinc: 1.37mg (9.16%), Vitamin B6: 0.18mg (9%), Copper: 0.17mg (8.69%), Magnesium: 32.38mg (8.1%), Potassium: 264.73mg (7.56%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.38mg (3.76%)