






 **14%**
HEALTH SCORE

Pizza

READY IN

10 min.

SERVINGS

6

CALORIES

391 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 6 servings cornmeal
- 6 servings dough frozen thawed prepared for 2 pizzas or 2 crusts
- 1 cup basil fresh
- 1 cup basil fresh
- 6 tablespoons olive oil
- 1 cup chicken shredded leftover cooked
- 2 cups mozzarella cheese shredded
- 2 cups tomato sauce

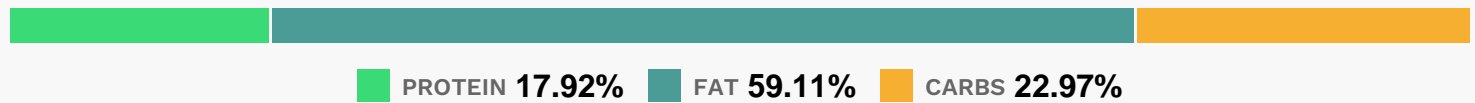
Equipment

- baking sheet
- oven
- pizza stone

Directions

- Place a pizza stone, unglazed ceramic tiles, or a heavy cookie sheet on the oven rack. Preheat oven to 400 F. If starting with pizza dough, pat or pull each piece into a 12-inch circle. Top each with some sauce, then scatter the chicken, basil, and mozzarella over each.
- Drizzle with olive oil.
- Sprinkle pizza stone with the cornmeal. Using the back of a cookie sheet, transfer the pizza to the oven. (You may have to bake the pizzas one at a time, depending on your oven size.)
- Bake 20 minutes or until the cheese is melted and the crust is browned.

Nutrition Facts



Properties

Glycemic Index:53.08, Glycemic Load:9.69, Inflammation Score:-6, Nutrition Score:15.036521807961%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 391.38kcal (19.57%), Fat: 25.92g (39.87%), Saturated Fat: 7.68g (48.03%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 20g (7.27%), Sugar: 3.51g (3.9%), Cholesterol: 46.99mg (15.66%), Sodium: 731.45mg (31.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.36%), Vitamin K: 45.27µg (43.11%), Selenium: 17.63µg (25.18%), Phosphorus: 240.24mg (24.02%), Vitamin E: 3.38mg (22.53%), Calcium: 219.76mg (21.98%), Vitamin A: 1037.56IU (20.75%), Vitamin B3: 3.78mg (18.9%), Manganese: 0.35mg (17.45%), Vitamin B2: 0.27mg (16.07%), Vitamin B12: 0.92µg (15.31%), Zinc: 2.09mg (13.95%), Iron: 2.47mg (13.73%), Vitamin B6: 0.27mg (13.33%), Vitamin B1: 0.18mg (12.05%), Potassium: 394.36mg (11.27%), Magnesium: 43.29mg (10.82%), Fiber: 2.65g (10.62%), Copper: 0.19mg (9.28%), Folate: 36.69µg (9.17%), Vitamin C: 7.16mg (8.67%), Vitamin B5: 0.67mg (6.65%)