



Pizza Pot Pies

READY IN



70 min.

SERVINGS



6

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups broccoli cut into small, bite-sized pieces
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1.5 cups mozzarella cheese diced
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces pancetta diced

- ☐ 6 tablespoons parmesan grated
- ☐ 1.5 pounds pizza dough
- ☐ 2 cups roasted chicken diced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 3 cups tomato sauce

Equipment

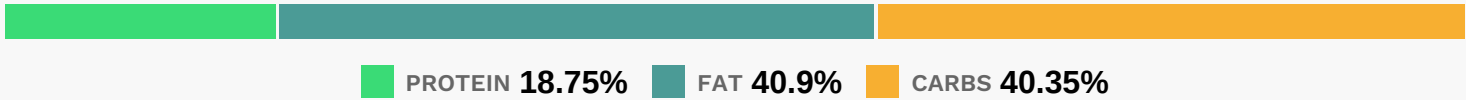
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ ramekin

Directions

- ☐ Watch how to make this recipe.
- ☐ Warm the olive oil in a small saucepan over medium heat.
- ☐ Add the garlic, rosemary, and pancetta.
- ☐ Saute until the pancetta is crisp and golden, about 5 minutes.
- ☐ Add the tomatoes, stir to combine, and simmer over very low heat for 15 minutes.
- ☐ Add the salt and pepper. Set aside.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl combine the Tomato Sauce, chicken, broccoli, mozzarella, salt, and pepper. Stir to combine. Divide the chicken mixture evenly between the ramekins.
- ☐ Roll out the pizza dough and cut circles with a pairing knife that are 1-inch wider in diameter than the ramekins.
- ☐ Place the circles of dough over the filled ramekins and press down to seal, making sure to pull the dough over the edge of the ramekin.
- ☐ Brush the top of the pizza dough with olive oil and sprinkle with Parmesan.

- ☐
- Cut a small slit in the top of the pizza dough with a pairing knife.
- ☐
- Bake until the pizza crust is golden, about 25 minutes.
- ☐
- Remove from the oven and let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:5.5, Inflammation Score:-8, Nutrition Score:25.315217427585%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 710.03kcal (35.5%), Fat: 33.1g (50.92%), Saturated Fat: 9.59g (59.97%), Carbohydrates: 73.47g (24.49%), Net Carbohydrates: 66.61g (24.22%), Sugar: 18.05g (20.06%), Cholesterol: 66.76mg (22.25%), Sodium: 2229.21mg (96.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.13g (68.26%), Vitamin C: 47.23mg (57.25%), Vitamin K: 49.87µg (47.5%), Iron: 7.05mg (39.16%), Vitamin E: 5.82mg (38.78%), Vitamin B3: 7.13mg (35.63%), Phosphorus: 333.47mg (33.35%), Selenium: 21.67µg (30.96%), Vitamin B6: 0.61mg (30.7%), Potassium: 1001.04mg (28.6%), Calcium: 285.15mg (28.51%), Fiber: 6.86g (27.44%), Vitamin A: 1249.6IU (24.99%), Manganese: 0.48mg (24.07%), Copper: 0.44mg (21.85%), Vitamin B2: 0.36mg (20.95%), Magnesium: 70.14mg (17.54%), Zinc: 2.54mg (16.91%), Vitamin B5: 1.49mg (14.9%), Vitamin B12: 0.88µg (14.68%), Vitamin B1: 0.22mg (14.46%), Folate: 51.41µg (12.85%), Vitamin D: 0.17µg (1.17%)