



Pizza Provençal

READY IN



30 min.

SERVINGS



4

CALORIES



763 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons basil fresh
- ☐ 1.5 teaspoons garlic fresh minced
- ☐ 3 ounces goat cheese crumbled
- ☐ 16 ounce bread crumbs split italian
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 tablespoons sun-dried olives drained
- ☐ 0.3 cup olives pitted

- ☐ 6 ounces chicken breast boneless skinless thinly sliced
- ☐ 1 teaspoon water

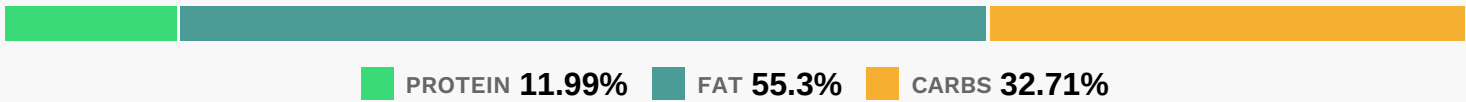
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 7 ingredients in a food processor; process until smooth.
- ☐ Place bottom half of bread, cut side up, on a baking sheet (reserve top half for another use).
- ☐ Spread olive mixture over bread. Arrange chicken over bread; sprinkle with cheese.
- ☐ Bake at 450 for 10 minutes or until heated.
- ☐ Sprinkle with basil.
- ☐ Cut into 4 pieces.
- ☐ Place 2 cups (2-inch) cut green beans in boiling water; cook 5 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Place beans in a small bowl.
- ☐ Drain 1 (6 1/2-ounce) jar marinated artichoke hearts, reserving marinade. Thinly slice artichoke hearts; add to beans.
- ☐ Add reserved marinade, 1 tablespoon fresh lemon juice, 1/4 teaspoon black pepper, and 1/8 teaspoon salt to bowl; toss to coat.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:13.05260876469%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 763.42kcal (38.17%), Fat: 47.06g (72.39%), Saturated Fat: 25.31g (158.16%), Carbohydrates: 62.65g (20.88%), Net Carbohydrates: 57.8g (21.02%), Sugar: 36.91g (41.01%), Cholesterol: 37mg (12.33%), Sodium: 684.38mg (29.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Vitamin B3: 10.03mg (50.14%), Selenium: 14.66µg (20.95%), Folate: 81.8µg (20.45%), Vitamin B6: 0.41mg (20.44%), Phosphorus: 203.16mg (20.32%), Fiber: 4.85g (19.39%), Iron: 3.43mg (19.07%), Potassium: 561.52mg (16.04%), Vitamin B1: 0.23mg (15.18%), Vitamin B2: 0.25mg (14.65%), Copper: 0.25mg (12.27%), Vitamin K: 12.59µg (11.99%), Magnesium: 44.36mg (11.09%), Vitamin A: 431.01IU (8.62%), Vitamin B5: 0.85mg (8.54%), Vitamin C: 6.33mg (7.67%), Manganese: 0.15mg (7.26%), Zinc: 0.79mg (5.24%), Calcium: 48.02mg (4.8%), Vitamin E: 0.47mg (3.16%), Vitamin B12: 0.13µg (2.09%)