



Pizza with Chicken and Artichokes

READY IN



25 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped quartered canned
- ☐ 6 ounce chicken breast strips cooked coarsely chopped
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 1.3 cups roasted garlic pasta sauce such as Barilla
- ☐ 10 ounce pizza crust whole wheat italian cheese-flavored thin such as Boboli
- ☐ 1 cup bell pepper red thinly sliced 1 medium

Equipment

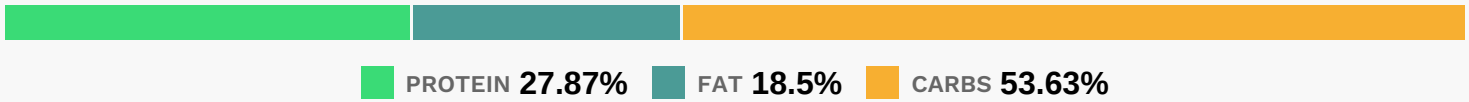
- ☐ oven

☐ pizza pan

Directions

- ☐ Preheat oven to 45
- ☐ Place pizza crust on a 12-inch pizza pan.
- ☐ Spread pasta sauce over crust to within 1 inch of edge; top with artichoke hearts, chicken, and bell pepper.
- ☐ Sprinkle with cheese.
- ☐ Bake at 450 for 15 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:2.95, Inflammation Score:-7, Nutrition Score:12.311739179103%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 275.58kcal (13.78%), Fat: 5.63g (8.66%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 33.87g (12.32%), Sugar: 2.71g (3.01%), Cholesterol: 33.17mg (11.06%), Sodium: 609.33mg (26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.17%), Vitamin C: 40.63mg (49.24%), Vitamin B6: 0.6mg (30.18%), Manganese: 0.51mg (25.39%), Vitamin B3: 4.34mg (21.72%), Calcium: 211.07mg (21.11%), Selenium: 13.91µg (19.88%), Phosphorus: 180.07mg (18.01%), Vitamin A: 854.22IU (17.08%), Iron: 2.2mg (12.22%), Fiber: 2.85g (11.39%), Vitamin B2: 0.13mg (7.5%), Potassium: 250.5mg (7.16%), Zinc: 1.07mg (7.1%), Vitamin B1: 0.09mg (6.16%), Magnesium: 21.54mg (5.39%), Vitamin B5: 0.53mg (5.32%), Copper: 0.11mg (5.32%), Folate: 14.68µg (3.67%), Vitamin B12: 0.21µg (3.54%), Vitamin E: 0.51mg (3.41%), Vitamin K: 2.01µg (1.91%)