



## Pizza with Chicken, Artichokes, and Basil

 Gluten Free

READY IN



23 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup artichoke hearts canned drained coarsely chopped
- 1 cup grilled chicken breast strips chopped (such as Tyson Chicken Breast Strips)
- 0.3 cup basil fresh thinly sliced
- 8 ounce pre- mushrooms
- 1 teaspoon olive oil
- 4 ounces part-skim mozzarella cheese shredded
- 14 ounce pizza crust italian cheese-flavored (such as Boboli)
- 1 cup tomato and basil pasta sauce (such as Classico)

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 45
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add mushrooms; saut 6 minutes.
- Place pizza crust on an ungreased baking sheet; spoon pasta sauce onto crust, leaving a 1-inch border around edges. Top with mushrooms, chicken, and artichokes; sprinkle with cheese.
- Bake at 450 for 12 minutes or until crust is golden. Top with basil.
- Cut into 8 slices.

## Nutrition Facts

**PROTEIN 34.35%** **FAT 54.8%** **CARBS 10.85%**

## Properties

Glycemic Index:12.75, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:6.0026086517002%

## Nutrients (% of daily need)

Calories: 261.47kcal (13.07%), Fat: 16.26g (25.02%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 5.43g (1.97%), Sugar: 2.36g (2.62%), Cholesterol: 33.87mg (11.29%), Sodium: 499.31mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.86%), Calcium: 219.88mg (21.99%), Vitamin B3: 3.44mg (17.22%), Selenium: 9.51µg (13.59%), Phosphorus: 130.33mg (13.03%), Vitamin B2: 0.18mg (10.44%), Vitamin B6: 0.15mg (7.28%), Fiber: 1.81g (7.26%), Vitamin B5: 0.61mg (6.06%), Potassium: 199.08mg (5.69%), Copper: 0.11mg (5.26%), Zinc: 0.72mg (4.8%), Vitamin A: 205.17IU (4.1%), Vitamin K: 3.69µg (3.52%), Vitamin B12: 0.19µg (3.12%), Magnesium: 11.37mg (2.84%), Iron: 0.47mg (2.62%), Vitamin B1: 0.04mg (2.53%), Folate: 7.31µg (1.83%), Vitamin C: 1.48mg (1.79%), Manganese: 0.03mg (1.32%)