



WHATSheATE



Ratatouille Pizza with Chicken



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rotisserie chicken breast meat boneless skinless chopped
- ☐ 3 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 4 garlic cloves minced
- ☐ 0.8 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 baby eggplant halved lengthwise cut into (1/4-inch-thick) slices
- ☐ 1 cup mushrooms sliced
- ☐ 1 teaspoon olive oil
- ☐ 4 ounces preshredded pizza-blend cheese reduced-fat

- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- ☐ 3 plum tomatoes cut into (1/4-inch-thick) slices
- ☐ 1 bell pepper red cut into 1/4-inch strips
- ☐ 0.5 small onion red thinly sliced
- ☐ 0.3 teaspoon salt

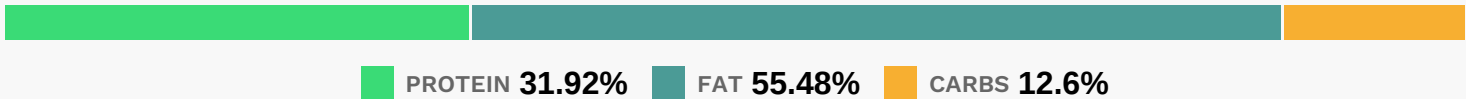
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan.
- ☐ Add eggplant, bell pepper, and onion; saut 3 minutes or until eggplant begins to soften. Reduce heat to medium.
- ☐ Add mushrooms, and cook 3 minutes, stirring frequently.
- ☐ Add Italian seasoning, salt, and garlic; cook 1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Place crust on a baking sheet.
- ☐ Spread vegetable mixture evenly over crust, leaving a 1/2-inch border. Arrange the chicken over vegetable mixture; sprinkle evenly with cheese. Arrange tomatoes over cheese, and lightly coat with cooking spray.
- ☐ Bake at 375 for 25 minutes or until cheese is bubbly and tomatoes are softened.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:11.475652178992%

Flavonoids

Delphinidin: 32.28mg, Delphinidin: 32.28mg, Delphinidin: 32.28mg, Delphinidin: 32.28mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 278.43kcal (13.92%), Fat: 18.14g (27.91%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 6.82g (2.48%), Sugar: 3.73g (4.15%), Cholesterol: 29.23mg (9.74%), Sodium: 257.38mg (11.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.49g (46.97%), Vitamin C: 35.07mg (42.5%), Vitamin K: 39.62µg (37.73%), Vitamin A: 1068.47IU (21.37%), Vitamin B3: 3.87mg (19.35%), Vitamin B6: 0.36mg (17.91%), Calcium: 154.45mg (15.45%), Selenium: 9.96µg (14.23%), Potassium: 380.61mg (10.87%), Manganese: 0.22mg (10.87%), Fiber: 2.45g (9.79%), Phosphorus: 95.14mg (9.51%), Vitamin B5: 0.83mg (8.26%), Vitamin B2: 0.13mg (7.88%), Folate: 31.21µg (7.8%), Copper: 0.12mg (6.2%), Magnesium: 22.1mg (5.52%), Vitamin E: 0.8mg (5.35%), Vitamin B1: 0.08mg (5.08%), Iron: 0.7mg (3.9%), Zinc: 0.46mg (3.05%)