



Roasted Chicken-and-White Bean Pizzas

READY IN



30 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.8 ounce cannellini beans drained canned
- ☐ 0.3 teaspoon rosemary dried crushed
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 teaspoon juice of lemon
- ☐ 0.1 teaspoon pepper
- ☐ 12 ounce pizza crusts (7-inch) (such as Mama Mary's)
- ☐ 3 ounces sharp provolone shredded
- ☐ 0.5 pound ready-to-eat roasted boneless skinless chopped
- ☐ 1 cup pkt spinach fresh thinly sliced

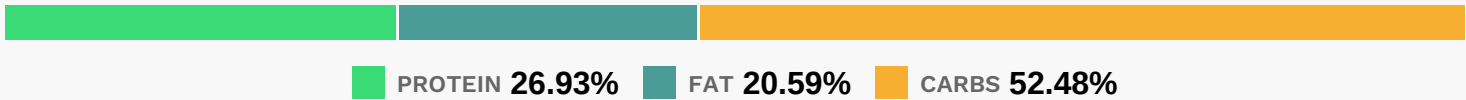
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 45
- ☐ Place first 4 ingredients in a blender or food processor, and process until smooth. Set aside.
- ☐ Combine chicken and rosemary in a large bowl, and toss well.
- ☐ Spread 1/3 cup bean mixture evenly over each crust, leaving a 1/4-inch border. Top each crust with 1/2 cup chicken, 1/3 cup spinach, and 1/4 cup cheese.
- ☐ Place pizzas directly on oven rack, and bake at 450 for 8 minutes or until crusts are golden.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:12.923913007197%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 334.24kcal (16.71%), Fat: 7.64g (11.75%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 39.15g (14.24%), Sugar: 0.98g (1.09%), Cholesterol: 33.97mg (11.32%), Sodium: 454.57mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.94%), Phosphorus: 254.06mg (25.41%), Selenium: 17.28µg (24.69%), Vitamin K: 24.61µg (23.43%), Vitamin B3: 4.35mg (21.73%), Calcium: 205.44mg (20.54%), Vitamin B6: 0.38mg (19.2%), Fiber: 4.64g (18.58%), Folate: 73.31µg (18.33%), Manganese: 0.36mg (18.13%), Iron: 3.07mg

(17.07%), Magnesium: 56mg (14%), Potassium: 451.55mg (12.9%), Vitamin A: 605.34IU (12.11%), Vitamin B1: 0.14mg (9.21%), Vitamin B5: 0.82mg (8.19%), Vitamin B2: 0.14mg (8.11%), Zinc: 1.19mg (7.94%), Copper: 0.14mg (7.04%), Vitamin B12: 0.28µg (4.71%), Vitamin C: 3.15mg (3.82%), Vitamin E: 0.21mg (1.39%)