



Rustic Chicken Pizza

READY IN



40 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz asiago cheese shredded
- ☐ 9 oz spinach frozen thawed
- ☐ 7.5 oz marinated artichoke drained coarsely chopped
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 3 plum tomatoes sliced (Roma)
- ☐ 0.3 cup ranch dressing
- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)

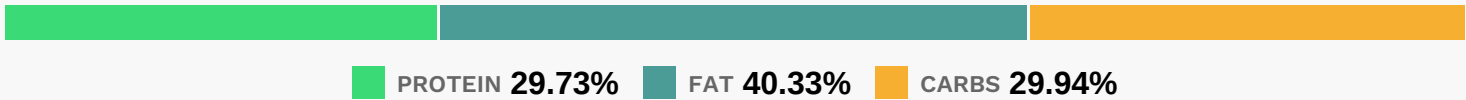
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 400F. Lightly spray 12-inch pizza pan with cooking spray. Unroll pizza crust dough; place in pan. Starting at center, press out dough with hands to edge of pan.
- ☐ Bake crust about 6 minutes or until crust begins to dry. Meanwhile, in small bowl, mix dressing and Parmesan cheese.
- ☐ Remove partially baked crust from oven.
- ☐ Spread dressing mixture over crust. Top with chicken, spinach and artichokes.
- ☐ Sprinkle with Asiago cheese. Top with tomatoes.
- ☐ Bake 15 to 20 minutes longer or until cheese is melted and crust is golden brown.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:15.288260864175%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 371.82kcal (18.59%), Fat: 16.78g (25.81%), Saturated Fat: 5.28g (32.99%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 25.55g (9.29%), Sugar: 4.61g (5.12%), Cholesterol: 70.66mg (23.55%), Sodium: 1029.48mg (44.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.66%), Vitamin K: 130.82µg (124.59%),

Vitamin A: 4337.45IU (86.75%), Calcium: 250.74mg (25.07%), Phosphorus: 153.75mg (15.38%), Iron: 2.34mg (12.98%), Manganese: 0.26mg (12.92%), Folate: 51.22µg (12.81%), Vitamin C: 10.52mg (12.75%), Fiber: 2.47g (9.88%), Selenium: 6.2µg (8.86%), Magnesium: 34.31mg (8.58%), Vitamin E: 1.26mg (8.39%), Vitamin B2: 0.14mg (8.21%), Potassium: 187.22mg (5.35%), Zinc: 0.72mg (4.82%), Vitamin B6: 0.09mg (4.56%), Vitamin B12: 0.22µg (3.68%), Copper: 0.07mg (3.33%), Vitamin B1: 0.05mg (3.08%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.35mg (1.74%)