



Skinny Greek Chicken Pizza

READY IN



60 min.

SERVINGS



12

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 package yeast dry
- 0.8 cup water (105°F to 115°F)
- 2 cups flour whole wheat
- 2 teaspoons sugar
- 0.5 teaspoon salt
- 1 tablespoon olive oil
- 1 tablespoon cornmeal
- 0.8 cup tomato sauce organic (from 15-oz can)
- 4 oz mozzarella cheese shredded reduced-fat

- 1 cup chicken shredded cooked
- 2 medium plum tomatoes thinly sliced (Roma)
- 0.3 cup kalamata olives pitted halved
- 2 oz feta cheese crumbled
- 0.3 cup basil fresh chopped

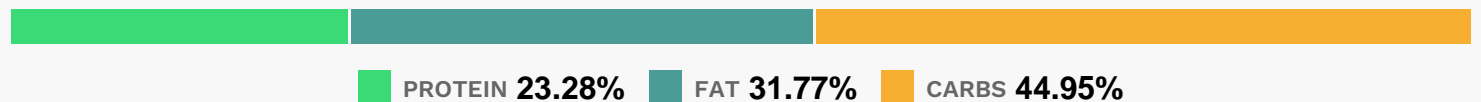
Equipment

- bowl
- baking sheet
- oven

Directions

- In medium bowl, dissolve yeast in warm water. Stir in flour, sugar, salt and oil. Stir with fork until dough forms. Turn dough onto lightly floured surface; knead 12 times. Return to bowl. Cover; let rest 20 minutes.
- Heat oven to 425°F. Spray large cookie sheet with cooking spray; sprinkle with the cornmeal. Gently push fist into dough to deflate. Spray hands with cooking spray; press dough into 15x10-inch rectangle on cookie sheet.
- Bake 8 minutes.
- Spread pizza sauce over partially baked crust to within 1/2 inch of edge. Top with mozzarella cheese, chicken, tomatoes, olives and feta cheese.
- Bake 10 to 15 minutes longer, or until cheese is melted and edges of crust are golden brown.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:26.55, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:9.5539131605107%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 151.71kcal (7.59%), Fat: 5.56g (8.55%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 14.86g (5.4%), Sugar: 1.7g (1.89%), Cholesterol: 19mg (6.33%), Sodium: 336.5mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.32%), Manganese: 0.86mg (42.95%), Selenium: 17.52µg (25.03%), Phosphorus: 166.07mg (16.61%), Vitamin B1: 0.19mg (12.77%), Vitamin B3: 2.45mg (12.23%), Fiber: 2.83g (11.32%), Calcium: 111.66mg (11.17%), Vitamin B6: 0.19mg (9.72%), Magnesium: 38.34mg (9.59%), Vitamin B2: 0.16mg (9.14%), Zinc: 1.22mg (8.16%), Folate: 29.03µg (7.26%), Iron: 1.16mg (6.46%), Copper: 0.13mg (6.43%), Potassium: 191.11mg (5.46%), Vitamin A: 261.78IU (5.24%), Vitamin E: 0.72mg (4.82%), Vitamin K: 4.68µg (4.46%), Vitamin B5: 0.43mg (4.29%), Vitamin B12: 0.19µg (3.19%), Vitamin C: 2.58mg (3.13%)