



The Only Pizza You'll Ever Want Again: Chicken, Sun Dried Tomato, Broccoli, Ricotta, Mozzarella and Basil

READY IN



35 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound broccoli from broccoli bin in produce section trimmed
- ☐ 0.5 pound chicken breast for stir fry or chicken tenders cut
- ☐ 3 cloves cracked garlic
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 tablespoons parmigiano-reggiano grated
- ☐ 1 cup part skim ricotta cheese

- ☐ 16 ounce pizza dough room temperature
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 cup mozzarella cheese shredded
- ☐ 10 sun tomatoes dried drained sliced in oil
- ☐ 12 leaves stacked fresh thinly sliced

Equipment

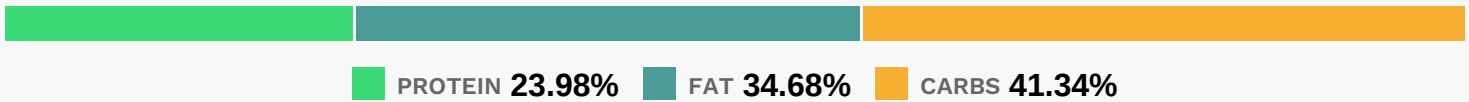
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pizza pan
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ Preheat oven to 500 degrees F.
- ☐ On a 12-inch nonstick pizza pan, stretch out your dough and form the pizza crust.
- ☐ Drizzle 2 teaspoons extra virgin olive oil on crust and spread it with a pastry brush over the dough to the edges.
- ☐ Sprinkle crust with 2 tablespoons grated Parmigiano-Reggiano.
- ☐ In a small covered saucepan, bring 2 inches water to a boil. Separate broccoli tops into florets, discarding lower stalks or reserving for soup. Salt water and add broccoli florets. Cook covered 3 to 5 minutes.
- ☐ Drain broccoli and set on cutting board. Chop broccoli florets into small pieces.
- ☐ Heat a small nonstick pan over medium high to high heat.
- ☐ Add oil, cracked garlic and chicken. Season with salt and pepper. Brown chicken breast cut for stir-fry or tenders until lightly golden all over, 3 to 5 minutes. Chop sauteed chicken and garlic on a cutting board into small pieces.
- ☐ To assemble pizza, dot crust with chopped broccoli bits and cooked chopped chicken. Dot crust with spoonfuls of ricotta and spread ricotta gently with the back of your spoon.

- ☐ Add sliced sun-dried tomatoes, scattering them around the pizza to the edges. Complete the assembly with a thin layer of shredded mozzarella, about 1 cup.
- ☐ Place pizza in oven on middle rack and lower heat to 450 degrees F.
- ☐ Bake 12 minutes, until cheese is deep golden in color and crust is brown and crisp at the edges.
- ☐ Remove pizza from the oven and let stand 5 minutes. Top with lots of torn or shredded basil.
- ☐ Cut pizza into 8 slices using pizza wheel and serve.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:20.677825953649%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 604.35kcal (30.22%), Fat: 23.51g (36.17%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 63.08g (21.03%), Net Carbohydrates: 59.86g (21.77%), Sugar: 8.2g (9.11%), Cholesterol: 79.33mg (26.44%), Sodium: 1211.75mg (52.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.58g (73.16%), Vitamin C: 43mg (52.13%), Selenium: 35.32µg (50.46%), Vitamin K: 49.53µg (47.17%), Phosphorus: 388.81mg (38.88%), Calcium: 370.99mg (37.1%), Vitamin B3: 6.54mg (32.71%), Vitamin B6: 0.57mg (28.52%), Iron: 4.29mg (23.84%), Vitamin B2: 0.34mg (19.75%), Vitamin A: 875.71IU (17.51%), Potassium: 562.52mg (16.07%), Vitamin B12: 0.96µg (16.03%), Zinc: 2.3mg (15.33%), Fiber: 3.22g (12.86%), Vitamin B5: 1.28mg (12.79%), Magnesium: 46.45mg (11.61%), Manganese: 0.21mg (10.28%), Folate: 39.11µg (9.78%), Vitamin E: 1.31mg (8.74%), Vitamin B1: 0.11mg (7.01%), Copper: 0.11mg (5.4%), Vitamin D: 0.24µg (1.62%)