



White Pizza

READY IN



20 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup roasted garlic alfredo sauce recommended: Classico
- ☐ 6 ounce grilled chicken breast strips recommended: Louis Rich
- ☐ 4 roasted garlic cloves recommended: Christopher Ranch
- ☐ 2 cups cheese blend shredded italian kraft recommended:
- ☐ 1 teaspoon penzey's southwest seasoning italian recommended: McCormick's
- ☐ 0.3 onion sliced
- ☐ 0.3 cup parmesan shredded kraft recommended:
- ☐ 13.8 ounce pizza crust dough refrigerated canned recommended: Pillsbury

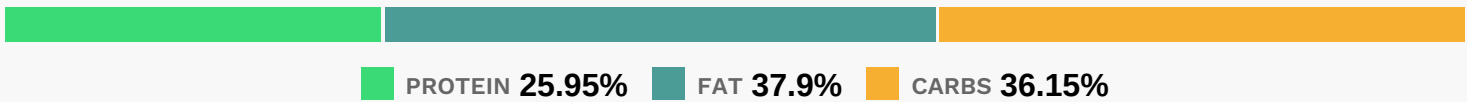
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- ☐ Carefully remove pizza dough from can. Unroll dough and place on hot oiled grill.
- ☐ Let cook 2 minutes and turn over using cookie sheet.
- ☐ Spread Alfredo sauce over pizza leaving a 1-inch border. Next, top with remaining ingredients in order listed. Cover and cook 8 to 10 minutes, or until cheese has melted and begins to bubble.
- ☐ Serve hot.
- ☐ INDOOR: Preheat oven to 425 degrees F. Lightly spray baking sheet with cooking spray; set aside. Carefully unroll dough and place on prepared baking sheet. Press out dough with fingers to form 13 by 9-inch rectangle.
- ☐ Bake in preheated oven for 7 minutes, or until crust just begins to brown.
- ☐ Remove crust from oven and top as directed. Return to oven for 8 to 10 minutes, or until crust is golden brown and cheese is melted and begins to bubble.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:12.378695726395%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 567.61kcal (28.38%), Fat: 23.81g (36.63%), Saturated Fat: 12.13g (75.8%), Carbohydrates: 51.08g (17.03%), Net Carbohydrates: 49.22g (17.9%), Sugar: 7.53g (8.37%), Cholesterol: 104.97mg (34.99%), Sodium: 1399.11mg (60.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.68g (73.35%), Calcium: 378.17mg (37.82%), Phosphorus: 345.89mg (34.59%), Selenium: 23.15µg (33.07%), Vitamin B3: 5.96mg (29.79%), Vitamin B12: 1.5µg (24.94%), Iron: 3.63mg (20.17%), Vitamin B6: 0.33mg (16.61%), Zinc: 2.29mg (15.28%), Vitamin B2: 0.24mg (13.85%), Vitamin A: 445.22IU (8.9%), Fiber: 1.86g (7.44%), Magnesium: 29.07mg (7.27%), Vitamin B5: 0.55mg (5.49%), Manganese: 0.11mg (5.46%), Potassium: 185.54mg (5.3%), Vitamin K: 4.71µg (4.48%), Vitamin B1: 0.06mg (3.94%), Vitamin E: 0.33mg (2.2%), Copper: 0.04mg (2.19%), Folate: 8.64µg (2.16%), Vitamin D: 0.3µg (1.99%), Vitamin C: 1.46mg (1.77%)