



 **10%**  
HEALTH SCORE

## White Pizza With Caramelized Onion and Chicken

READY IN



50 min.

SERVINGS



3

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup basil sliced in thin strips or 1/4-1/2 cup torn basil
- 0.3 cup basil sliced in thin strips or 1/4-1/2 cup torn basil
- 0.5 teaspoon brown sugar
- 0.5 teaspoon brown sugar
- 0.5 tablespoon butter
- 0.5 tablespoon capers drained
- 1.5 cup cheese
- 10 cherry tomatoes halved

- 0.5 chicken shredded cooked
- 1.5 tablespoons cornstarch
- 1 garlic clove minced
- 2 garlic clove minced (depending on how much you love garlic)
- 0.5 teaspoon garlic salt
- 1 dash nutmeg
- 0.5 tablespoon olive oil
- 0.5 teaspoon onion powder
- 0.3 teaspoon oregano
- 0.1 teaspoon pepper
- 1 uncook pizza crust fresh prepared ( or Boboli)
- 0.5 medium onion red sliced
- 0.3 teaspoon salt
- 1.5 cups milk whole

## Equipment

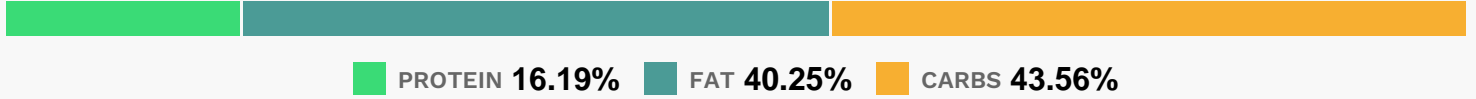
- frying pan
- sauce pan
- oven
- pastry brush

## Directions

- Caramelized onions: Melt butter with olive oil in pan over medium heat.
- Add sliced onions and brown sugar and cook for 8 minutes, stirring occasionally.
- Remove from heat.Sauce: Meanwhile, place milk, cornstarch, garlic, garlic salt, onion powder, oregano, salt, pepper, and nutmeg in a medium saucepan. Bring to a boil and continue to cook for 2 minutes. Reduce heat and simmer until sauce thickens, about 3-4 minutes longer.
- Spread prepared dough with white sauce.
- Sprinkle with garlic and half of mozzarella cheese.

- Spread on shredded chicken, onions, tomatoes, capers and the rest of the cheese.
- Add the optional ricotta and pineapple if desired. Using a pastry brush, brush a thin coating of olive oil around the outer crust and then lightly sprinkle with garlic salt. Cook in a 450F oven for 10-15 minutes until cheese is bubbly and crust is browned.
- Let set for 5 minutes before cutting and serving.

## Nutrition Facts



### Properties

Glycemic Index:133, Glycemic Load:3.3, Inflammation Score:-8, Nutrition Score:17.694347671841%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

### Nutrients (% of daily need)

Calories: 748.47kcal (37.42%), Fat: 33.6g (51.69%), Saturated Fat: 16.94g (105.89%), Carbohydrates: 81.79g (27.26%), Net Carbohydrates: 78.68g (28.61%), Sugar: 11.7g (13%), Cholesterol: 71.26mg (23.75%), Sodium: 1765.06mg (76.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.41g (60.81%), Calcium: 700.21mg (70.02%), Phosphorus: 413.73mg (41.37%), Selenium: 19.37µg (27.67%), Vitamin A: 1341.51IU (26.83%), Vitamin B2: 0.45mg (26.22%), Iron: 4.45mg (24.7%), Vitamin K: 22.95µg (21.86%), Vitamin B12: 1.26µg (21.01%), Vitamin C: 16.09mg (19.5%), Zinc: 2.79mg (18.59%), Fiber: 3.12g (12.48%), Potassium: 412.22mg (11.78%), Vitamin B6: 0.23mg (11.51%), Manganese: 0.23mg (11.41%), Vitamin D: 1.68µg (11.21%), Magnesium: 42.52mg (10.63%), Vitamin E: 1.29mg (8.62%), Vitamin B1: 0.12mg (8.3%), Vitamin B5: 0.82mg (8.21%), Folate: 26.75µg (6.69%), Copper: 0.11mg (5.48%), Vitamin B3: 0.58mg (2.88%)