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Chicken Broccoli Alfredo Skillet Crust Pizza

This Chicken Broccoli Alfredo Skillet Crust Pizza is a delicious combination of flavors. It features a crispy skillet crust topped with creamy alfredo sauce, tender chicken, and fresh broccoli. It's the perfect comfort food for a cozy night in.

Recipe Type: Standard Prep Time: 20 mins

Cook Time: 25 mins Total Time: 45 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	pizza dough
250 g	chicken breast
200 g	broccoli florets
200 g	alfredo sauce

150 g	mozzarella cheese
50 g	parmesan cheese
1 tsp	garlic powder
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Cook the chicken breast in a skillet with olive oil until cooked through. Season with salt, black pepper, and garlic powder.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Steaming

Steam the broccoli florets until tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Roll out the pizza dough and press it into a skillet to form a crust.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Spread the alfredo sauce evenly over the pizza crust.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Top with cooked chicken, steamed broccoli, mozzarella cheese, and Parmesan cheese.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7



Bake in the preheated oven for 15-20 minutes or until the crust is golden and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 8



Remove from the oven and let it cool for a few minutes before slicing and serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

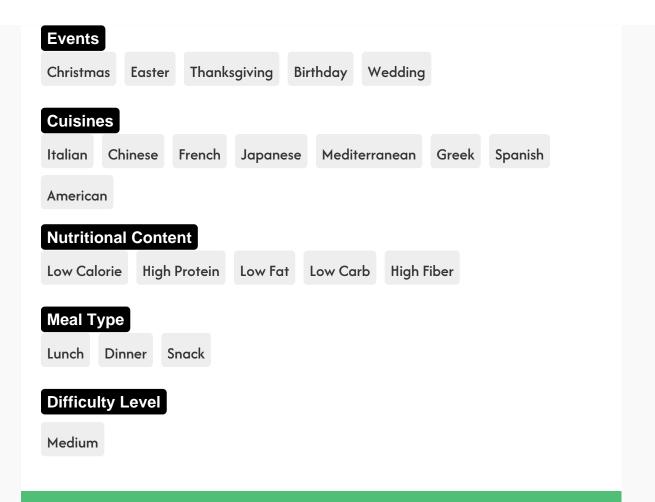
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer

Fall



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