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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

Oven

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

Cooling

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

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Cuisines

Italian

Chinese

French

Japanese

Mediterranean

Greek

Spanish

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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