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Chicken Florentine Traditional Crust Pizza ✦

A delicious pizza topped with chicken, spinach, and cheese, inspired by the traditional flavors of Florence, Italy.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Pizza Dough
200 g	chicken breast
150 g	spinach
200 g	mozzarella cheese
100 g	tomato sauce

20 g	olive oil
5 g	salt
5 g	pepper

Directions

Step 1

Preheating

Preheat the oven to 450°F (230°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rolling

Roll out the pizza dough on a floured surface to your desired thickness.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread tomato sauce evenly over the dough, leaving a small border around the edges.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Topping

Top with cooked chicken breast, spinach, and mozzarella cheese.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Drizzling

Drizzle olive oil over the pizza and season with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 12-15 minutes, or until the crust is golden and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Cooling

Remove from the oven and let 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	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	10 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	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian French Mediterranean German

Kitchen Tools

Grill Slow Cooker

Course

Desserts Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Demographics

Teen Friendly

Diet

Mediterranean Diet

Atkins Diet

Vegetarian Diet

Pescatarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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