

# Chicken Pesto Alfredo Pizza

U.S. parmesan cheese in a creamy pesto Alfredo sauce makes a wonderful alternative to a red sauce pizza.



## INGREDIENTS

(Makes 1 pizza)

| Pizza  |              |
|--|--------------|
| Pre-Baked Crust*, 30cm                             | 1            |
| Pesto Alfredo Sauce, chilled (see recipe below)    | 60ml         |
| <b>U.S. Mozzarella Cheese, part-skim, shredded</b> | <b>120g</b>  |
| Chicken Breast, cooked, sliced into strips         | 200g         |
| Scallions, chopped                                 | 20g          |
| Button Mushrooms, sliced thin                      | 60g          |
| Pesto Alfredo Sauce for pizza                      |              |
| <b>U.S. Butter, unsalted</b>                       | <b>50g</b>   |
| Flour, all-purpose                                 | 30g          |
| <b>U.S. Milk, whole</b>                            | <b>230ml</b> |
| <b>U.S. Parmesan, grated</b>                       | <b>100g</b>  |
| Basil Pesto, prepared                              | 40g          |
| Salt & Pepper                                      | To taste     |

## PREPARATION

### Pesto Alfredo Sauce

1. **Melt butter in a saucepan over medium heat.**
2. **Blend in flour and cook for one minute.**
3. **Pour in milk and stir constantly until thickened.**
4. **Turn heat to low and add Parmesan slowly until incorporated and smooth.**
5. **Remove from heat; add pesto, salt and pepper.**
6. **Chill sauce before making pizzas.**

## NUTRITIONAL CONTENT

U.S. Label

### Nutrition Facts

| Serving Size (100g)  |                             | Servings Per Container |                            |
|--|-----------------------------|------------------------|----------------------------|
| Amount Per Serving   |                             |                        |                            |
| <b>Calories</b> 230  | <b>Calories from Fat</b> 70 |                        |                            |
|  |                             | <b>% Daily Value*</b>  |                            |
| <b>Total Fat</b> 7g  |                             |                        | <b>11%</b>                 |
| Saturated Fat 3g   |                             |                        | <b>15%</b>                 |
| Trans Fat 0g   |                             |                        |                            |
| <b>Cholesterol</b> 30mg  |                             |                        | <b>10%</b>                 |
| <b>Sodium</b> 380mg  |                             |                        | <b>16%</b>                 |
| <b>Total Carbohydrate</b> 24g  |                             |                        | <b>8%</b>                  |
| Dietary Fiber 1g   |                             |                        | <b>4%</b>                  |
| Sugars 1g  |                             |                        |                            |
| <b>Protein</b> 17g   |                             |                        |                            |
| Vitamin A 2%   | Vitamin C 2%                |                        |                            |
| Calcium 20%  | Iron 10%                    |                        |                            |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |                        |                            |
|  | Calories:                   | 2,000                  | 2,500                      |
| Total Fat  | Less than                   | 65g                    | 80g                        |
| Saturated Fat  | Less than                   | 20g                    | 25g                        |
| Cholesterol  | Less than                   | 300mg                  | 300mg                      |
| Sodium   | Less than                   | 2,400mg                | 2,400mg                    |
| Total Carbohydrate   |                             | 300g                   | 375g                       |
| Dietary Fiber  |                             | 25g                    | 30g                        |
| Calories per gram:   |                             |                        |                            |
|  | Fat                         | 9                      | Carbohydrate 4 • Protein 4 |

Per 100g

|                            |         |
|----------------------------|---------|
| <b>Calories</b>            | 231kcal |
| <b>Total Fat</b>           | 7g      |
| Saturated Fat              | 3g      |
| Trans Fat                  | 0g      |
| Cholesterol                | 31mg    |
| <b>Total Carbohydrates</b> | 24g     |
| Dietary Fiber              | 1g      |
| Sugars                     | 1g      |
| <b>Protein</b>             | 17g     |
| Calcium                    | 190mg   |
| Magnesium                  | 13mg    |
| Phosphorus                 | 138mg   |
| Potassium                  | 109mg   |
| Sodium                     | 377mg   |
| Iron                       | 2mg     |
| Vitamin A                  | 138IU   |
| Vitamin C                  | 1mg     |

### Pizza

1. **Spread creamy pesto sauce evenly over pizza crust.**
2. **Sprinkle part-skim mozzarella cheese over sauce.**
3. **Arrange chicken strips on top of cheese.**
4. **Place scallions and mushrooms on top.**
5. **Bake\* at 220°C (430°F) for seven to nine minutes or until crust is lightly browned and cheese is melted.**

\*If using raw dough crust: bake at 260°C (500°F) on a pizza stone for seven to nine minutes or until crust is lightly browned and cheese is melted.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.