



Bacon Barbecue Chicken Pizza Pockets

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup water (120°F to 130°F)
- 2 tablespoons olive oil
- 0.5 cup barbecue sauce
- 0.5 cup chicken shredded cooked
- 8 slices bacon cooked
- 2 oz monterrey jack cheese shredded finely
- 3 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- aluminum foil
- rolling pin

Directions

- Heat oven to 450°F. Line cookie sheet with foil; spray foil with cooking spray.
- In medium bowl, stir together Bisquick mix, very warm water and olive oil until Bisquick mix is moistened.
- Let stand 15 minutes.
- Knead dough slightly to form ball. Divide dough into 8 parts. Flatten and use rolling pin to roll each into circle about 1/8-inch thick.
- Place circles on cookie sheet.
- In small bowl, stir together barbecue sauce and chicken.
- Place 1 tablespoon chicken mixture on each dough circle. Top each with 1 slice bacon, crumbled, and 1 tablespoon cheese. Fold over, and pinch edges to seal.
- Bake 15 to 20 minutes or until golden.
- Enjoy hot, or cool completely, wrap in plastic wrap and freeze until ready to use.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.3165217482525%

Nutrients (% of daily need)

Calories: 140.17kcal (7.01%), Fat: 9.15g (14.07%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 7.32g (2.66%), Sugar: 5.97g (6.63%), Cholesterol: 20.79mg (6.93%), Sodium: 368.66mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.57%), Selenium: 7.47µg (10.67%), Phosphorus:

82.88mg (8.29%), Vitamin B3: 1.64mg (8.21%), Calcium: 61.33mg (6.13%), Vitamin B6: 0.1mg (4.88%), Vitamin E: 0.7mg (4.66%), Zinc: 0.62mg (4.15%), Vitamin B2: 0.07mg (4.06%), Vitamin B1: 0.06mg (3.69%), Potassium: 107.2mg (3.06%), Vitamin B12: 0.17µg (2.86%), Vitamin K: 2.61µg (2.48%), Vitamin B5: 0.22mg (2.19%), Magnesium: 8.75mg (2.19%), Iron: 0.37mg (2.04%), Vitamin A: 101.09IU (2.02%), Copper: 0.03mg (1.58%), Manganese: 0.03mg (1.33%)