



Barbecue-Chicken Pizza

READY IN



33 min.

SERVINGS



33

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 1 bell pepper green cut into strips
- 1 ready-to-use baked pizza crust
- 0.3 cup onion red thin
- 7 oz milk mozzarella cheese shredded 2% kraft
- 0.5 lb chicken breasts boneless skinless cut into thin strips

Equipment

- frying pan

baking sheet

oven

Directions

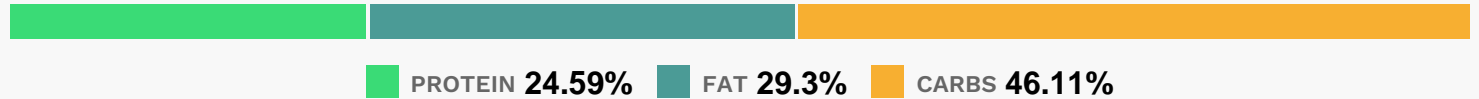
Heat oven to 400F.

Cook chicken and vegetables in large skillet sprayed with cooking spray on medium-high heat 4 to 5 min. or until chicken is no longer pink, stirring occasionally.

Place crust on baking sheet; spread with barbecue sauce. Top with chicken mixture and cheese.

Bake 15 to 18 min. or until cheese is melted and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.7504347750674%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 64.78kcal (3.24%), Fat: 2.09g (3.22%), Saturated Fat: 1.1g (6.91%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 7.12g (2.59%), Sugar: 1.34g (1.49%), Cholesterol: 9.15mg (3.05%), Sodium: 139.23mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Selenium: 3.27µg (4.66%), Calcium: 43.21mg (4.32%), Vitamin B3: 0.76mg (3.8%), Phosphorus: 37.37mg (3.74%), Vitamin C: 3.09mg (3.74%), Vitamin B6: 0.07mg (3.27%), Vitamin B12: 0.15µg (2.51%), Iron: 0.41mg (2.29%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.23mg (1.51%), Potassium: 44.78mg (1.28%), Vitamin A: 62.55IU (1.25%), Vitamin B5: 0.12mg (1.16%), Fiber: 0.29g (1.16%)