



## Barbecue Chicken Pizza

READY IN



35 min.

SERVINGS



2

CALORIES



3918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup barbecue sauce
- 1 small chicken breast half boneless skinless
- 2 tablespoons cilantro leaves chopped
- 0.5 cup gouda cheese smoked grated
- 0.5 cup mozzarella cheese grated
- 11 inch pizza crust (14 oz. package)
- 3 tablespoons onion red sliced
- 2 teaspoons vegetable oil

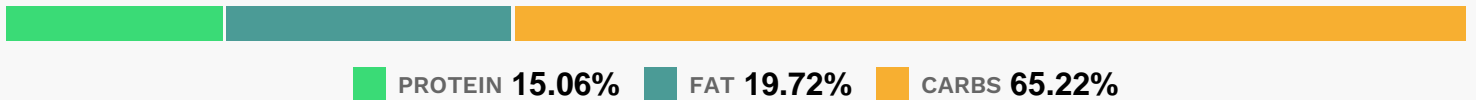
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- cutting board

## Directions

- Warm oil in a skillet over medium heat.
- Add chicken and cook, turning once, 5 to 6 minutes per side, until just cooked through.
- Transfer to a cutting board. When cool enough to handle, cut into 1/2-inch cubes. Toss chicken with 2 Tbsp. barbecue sauce in a bowl.
- Position a rack in bottom of oven and preheat to 450F.
- Place pizza crust on a large baking sheet and spread with remaining 1/2 cup barbecue sauce.
- Sprinkle with half of both cheeses, arrange chicken on top, and then add remaining cheese and onion.
- Bake until cheese is melted and golden brown, 20 minutes.
- Let rest for 5 minutes.
- Sprinkle with cilantro, cut into slices and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:56.5, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:26.801304381827%

## Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

## Nutrients (% of daily need)

Calories: 3917.74kcal (195.89%), Fat: 85.33g (131.27%), Saturated Fat: 43.35g (270.96%), Carbohydrates: 635.12g (211.71%), Net Carbohydrates: 615.44g (223.8%), Sugar: 44.75g (49.72%), Cholesterol: 125.71mg (41.9%), Sodium: 8054.38mg (350.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 146.68g (293.36%), Iron: 34.78mg (193.23%), Calcium: 1715.45mg (171.55%), Fiber: 19.68g (78.72%), Phosphorus: 559.55mg (55.96%), Selenium: 32.42µg (46.32%), Vitamin B3: 6.41mg (32.04%), Vitamin B12: 1.66µg (27.7%), Vitamin B6: 0.55mg (27.65%), Zinc: 3.6mg (24.01%), Vitamin B2: 0.38mg (22.24%), Vitamin A: 726.68IU (14.53%), Potassium: 491.76mg (14.05%), Vitamin K: 12.98µg (12.36%), Magnesium: 48.34mg (12.09%), Vitamin B5: 1.18mg (11.84%), Vitamin E: 1.26mg (8.37%), Manganese: 0.13mg (6.73%), Vitamin B1: 0.09mg (5.73%), Folate: 21.17µg (5.29%), Copper: 0.1mg (4.89%), Vitamin D: 0.46µg (3.09%), Vitamin C: 2.33mg (2.82%)