



Barbecue Pineapple Chicken Pizza Pockets

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 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
- 0.5 cup dole pineapple tidbits canned drained
- 2 oz monterrey jack cheese shredded finely
- 3 cups frangelico

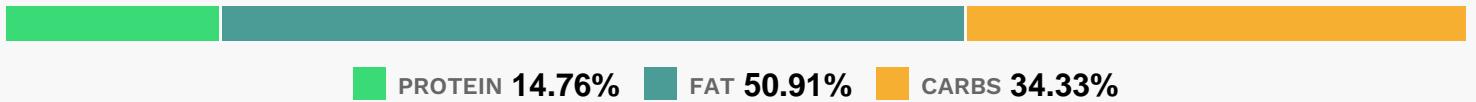
Equipment

- 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 tablespoon pineapple 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:2.4865217247735%

Nutrients (% of daily need)

Calories: 111.61kcal (5.58%), Fat: 6.36g (9.78%), Saturated Fat: 2g (12.53%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.29g (3.38%), Sugar: 8.08g (8.98%), Cholesterol: 12.87mg (4.29%), Sodium: 234.4mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.29%), Calcium: 62.81mg (6.28%), Phosphorus: 52.88mg

(5.29%), Selenium: 3.47µg (4.96%), Vitamin E: 0.67mg (4.46%), Vitamin B3: 0.84mg (4.22%), Vitamin B6: 0.07mg (3.3%), Vitamin B2: 0.05mg (3.15%), Zinc: 0.39mg (2.62%), Vitamin K: 2.71µg (2.58%), Potassium: 85.62mg (2.45%), Magnesium: 8.49mg (2.12%), Vitamin A: 105.52IU (2.11%), Copper: 0.04mg (1.96%), Iron: 0.33mg (1.85%), Vitamin C: 1.5mg (1.81%), Vitamin B1: 0.03mg (1.71%), Fiber: 0.35g (1.41%), Vitamin B12: 0.08µg (1.4%), Vitamin B5: 0.13mg (1.29%), Manganese: 0.02mg (1.24%)