



Barbecue Pizza

READY IN



24 min.

SERVINGS



4

CALORIES



2218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup warm barbecue sauce
- ☐ 6 oz monterrey jack cheese shredded
- ☐ 12 inch prebaked pizza crust
- ☐ 0.5 pound barbecue pork shredded chopped
- ☐ 1 cup chowchow
- ☐ 1 cup chowchow

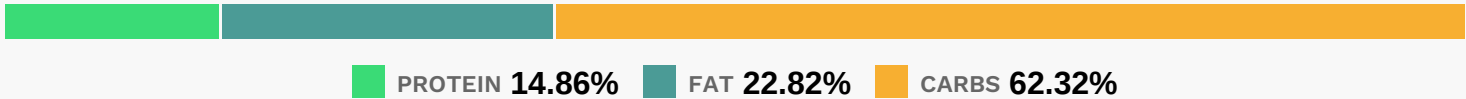
Equipment

- ☐ oven

Directions

- ☐ Spread crust evenly with chow-chow; top with pork and cheese.
- ☐ Bake at 450 for 12 to 14 minutes or until cheese is melted.
- ☐ Drizzle evenly with warm barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:19.339565385943%

Nutrients (% of daily need)

Calories: 2218.27kcal (110.91%), Fat: 55.91g (86.01%), Saturated Fat: 27.99g (174.94%), Carbohydrates: 343.57g (114.52%), Net Carbohydrates: 333.01g (121.09%), Sugar: 22.32g (24.8%), Cholesterol: 78.67mg (26.22%), Sodium: 4250.56mg (184.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.91g (163.83%), Iron: 19.48mg (108.2%), Calcium: 953.27mg (95.33%), Fiber: 10.56g (42.24%), Phosphorus: 295.18mg (29.52%), Selenium: 20.58µg (29.4%), Vitamin B1: 0.43mg (28.64%), Vitamin B2: 0.32mg (18.77%), Zinc: 2.58mg (17.23%), Vitamin B6: 0.28mg (13.88%), Vitamin B3: 2.71mg (13.56%), Vitamin B12: 0.75µg (12.5%), Vitamin A: 411.06IU (8.22%), Potassium: 280.11mg (8%), Magnesium: 26.9mg (6.73%), Vitamin B5: 0.53mg (5.27%), Copper: 0.06mg (3.24%), Folate: 11.2µg (2.8%), Manganese: 0.06mg (2.77%), Vitamin E: 0.4mg (2.64%), Vitamin D: 0.26µg (1.7%), Vitamin K: 1.71µg (1.63%)