



## Barbecued Chicken Pizza

READY IN



45 min.

SERVINGS



3

CALORIES



1211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon cut into 1-inch pieces (4 oz. total)
- 0.3 cup barbecue sauce prepared
- 0.3 teaspoon pepper hot
- 2 oz cream cheese
- 0.3 cup pepper flakes diced green canned
- 0.5 cup monterrey jack cheese shredded
- 2 uncook pizza crust (7 to 8 in., 5 oz. each)
- 3 servings salt and pepper
- 1 pound chicken breast

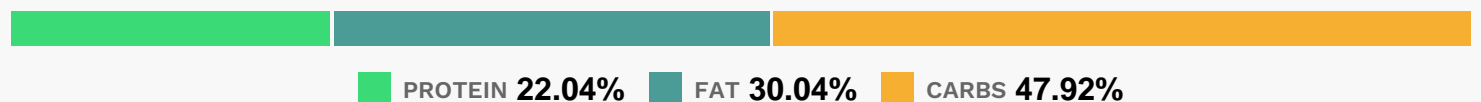
## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- baking pan
- slotted spoon

## Directions

- Rinse chicken and pat dry.
- Place in an 8-inch baking pan and coat with about 2 tablespoons barbecue sauce.
- Sprinkle with salt and pepper.
- Bake in a 350 regular or convection oven until no longer pink at the center of the thickest part (cut to test), about 20 minutes.
- Let stand until cool enough to handle, then tear into bite-size chunks. In a small bowl, mix with remaining barbecue sauce.
- Meanwhile, in a 10- to 12-inch frying pan over high heat, stir bacon until browned and crisp, about 5 minutes. With a slotted spoon, transfer bacon to paper towels to drain.
- Place pizza crusts on a 12- by 15-inch baking sheet.
- Spread each with about 2 tablespoons cream cheese. Spoon chicken in sauce evenly over both crusts; top with bacon, green chilies, jack cheese, and hot chili flakes.
- Bake pizzas in a 400 regular or convection oven until cheese is browned and bubbling, 15 to 20 minutes.
- Transfer to a board and cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:24.983478245528%

## Nutrients (% of daily need)

Calories: 1211.19kcal (60.56%), Fat: 40.03g (61.59%), Saturated Fat: 18.19g (113.68%), Carbohydrates: 143.68g (47.89%), Net Carbohydrates: 139.17g (50.61%), Sugar: 16.02g (17.8%), Cholesterol: 151.98mg (50.66%), Sodium: 2466.87mg (107.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.09g (132.18%), Vitamin B3: 17.35mg (86.74%), Selenium: 59.15µg (84.49%), Vitamin B6: 1.33mg (66.33%), Phosphorus: 475.83mg (47.58%), Iron: 8.38mg (46.55%), Calcium: 420.74mg (42.07%), Vitamin B5: 2.54mg (25.43%), Vitamin C: 19.97mg (24.2%), Potassium: 774.98mg (22.14%), Vitamin B2: 0.32mg (18.94%), Fiber: 4.52g (18.07%), Magnesium: 56.88mg (14.22%), Vitamin A: 694.46IU (13.89%), Vitamin B1: 0.2mg (13.44%), Zinc: 1.98mg (13.18%), Vitamin B12: 0.65µg (10.78%), Vitamin E: 1.03mg (6.86%), Copper: 0.1mg (5.17%), Manganese: 0.1mg (4.84%), Folate: 14.7µg (3.67%), Vitamin K: 3.67µg (3.49%), Vitamin D: 0.38µg (2.54%)