



WHAT'SHEATE



Barbecued Chicken Pizza

READY IN



20 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken shredded cooked
- ☐ 0.3 cup barbecue sauce
- ☐ 10 ounces uncook pizza crust italian ready-to-serve thin (12 inches in diameter)
- ☐ 3 roma tomatoes sliced (plum)
- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 serving cilantro leaves fresh

Equipment

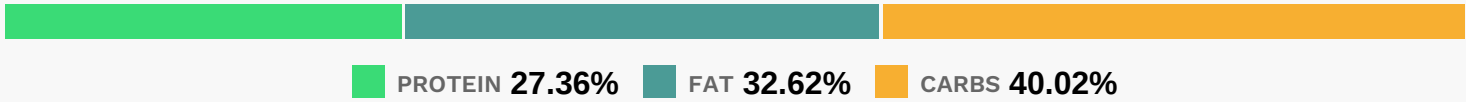
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°.
- ☐ Mix chicken and barbecue sauce in small bowl.
- ☐ Place pizza crust on ungreased cookie sheet; spread chicken mixture over crust. Arrange tomatoes over chicken; sprinkle with cheese.
- ☐ Bake 10 minutes or until cheese is melted and crust is browned.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:7.8691304870274%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 310.2kcal (15.51%), Fat: 11.13g (17.12%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.5g (10.73%), Sugar: 6.9g (7.67%), Cholesterol: 51.82mg (17.27%), Sodium: 564.17mg (24.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Selenium: 14.43µg (20.61%), Vitamin B3: 3.97mg (19.87%), Calcium: 197.9mg (19.79%), Phosphorus: 184.14mg (18.41%), Vitamin B6: 0.24mg (12.15%), Iron: 2.17mg (12.06%), Vitamin B2: 0.16mg (9.24%), Vitamin A: 459.42IU (9.19%), Zinc: 1.36mg (9.04%), Potassium: 232.59mg (6.65%), Vitamin B5: 0.55mg (5.47%), Vitamin C: 4.35mg (5.27%), Magnesium: 20.38mg (5.1%), Fiber: 1.23g (4.92%), Vitamin B12: 0.29µg (4.87%), Manganese: 0.07mg (3.27%), Vitamin B1: 0.05mg (3.13%), Copper: 0.06mg (3.12%), Vitamin K: 3.26µg (3.1%), Folate: 10.71µg (2.68%), Vitamin E: 0.34mg (2.29%)