

Barbecued Chicken Pizzas

READY IN



35 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce divided
- 0.3 cup cilantro leaves fresh minced
- 8 ounces gouda cheese shredded
- 2 teaspoons olive oil
- 0.3 teaspoon pepper
- 1 medium onion red thinly sliced
- 13.8 ounces pizza dough refrigerated
- 0.3 teaspoon salt
- 12 ounces chicken breast halves boneless skinless

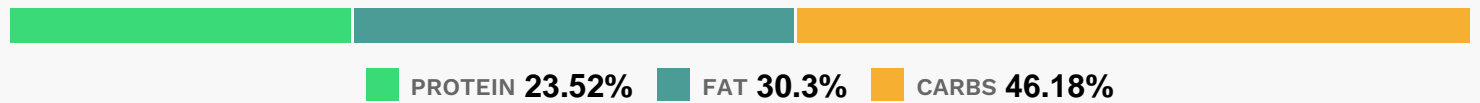
Equipment

- paper towels
- grill
- kitchen thermometer
- tongs

Directions

- Sprinkle chicken with salt and pepper. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 5–7 minutes on each side or until a thermometer reads 170°, basting frequently with 1/2 cup barbecue sauce. Set aside and keep warm.
- Divide dough in half. On a lightly floured surface, roll each portion into a 12-in. x 10-in. rectangle. Lightly brush both sides of dough with oil; place on grill. Cover and grill over medium heat for 1–2 minutes or until bottoms are lightly browned.
- Remove from grill.
- Cut the chicken into 1/2-in. cubes.
- Spread the grilled side of each crust with 1/4 cup barbecue sauce; layer with chicken, onion, cheese and cilantro. Return to grill. Cover and cook each pizza for 4–5 minutes or until the bottom is lightly browned and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:9.2056523095007%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 345.81kcal (17.29%), Fat: 11.63g (17.89%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 38.57g (14.02%), Sugar: 16.12g (17.91%), Cholesterol: 59.53mg (19.84%), Sodium: 1076.79mg (46.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.31g (40.63%), Selenium: 18.26µg (26.09%), Phosphorus: 255.57mg (25.56%), Vitamin B3: 4.69mg (23.44%), Calcium: 216.2mg (21.62%), Vitamin B6: 0.39mg (19.27%), Iron: 1.82mg (10.14%), Zinc: 1.44mg (9.6%), Vitamin B2: 0.16mg (9.52%), Vitamin B12: 0.52µg (8.69%), Potassium: 298.12mg (8.52%), Vitamin B5: 0.78mg (7.82%), Magnesium: 25.54mg (6.38%), Vitamin A: 286.8IU (5.74%), Fiber: 1.32g (5.28%), Manganese: 0.08mg (4.13%), Vitamin E: 0.59mg (3.96%), Vitamin K: 3.69µg (3.51%), Vitamin B1: 0.05mg (3.38%), Folate: 11.3µg (2.83%), Copper: 0.05mg (2.74%), Vitamin C: 1.88mg (2.28%), Vitamin D: 0.18µg (1.23%)