



Barbecued Chicken Tortilla Pizzas



Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1.5 cups barbecue sauce shredded refrigerated with chicken (from 32-oz tub)
- ☐ 0.7 cup bell pepper red chopped
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 serving salsa

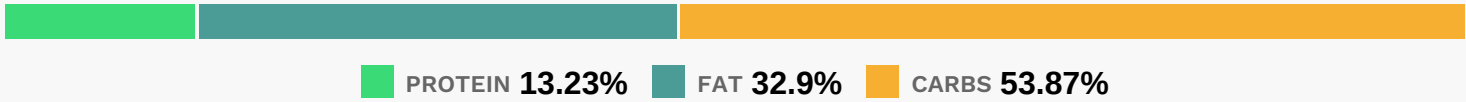
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Top each tortilla with 3/4 cup of the chicken, 1/3 cup of the bell pepper and 1 cup of the cheese.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake about 15 minutes or until cheese is bubbly.
- ☐ Cut each tortilla into 4 wedges.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:12.48, Inflammation Score:-8, Nutrition Score:20.786086875459%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 634.79kcal (31.74%), Fat: 23.15g (35.62%), Saturated Fat: 11.98g (74.87%), Carbohydrates: 85.3g (28.43%), Net Carbohydrates: 80.94g (29.43%), Sugar: 40.54g (45.05%), Cholesterol: 53.86mg (17.95%), Sodium: 2076.11mg (90.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.92%), Calcium: 526.84mg (52.68%), Phosphorus: 439.41mg (43.94%), Vitamin C: 32.58mg (39.49%), Selenium: 27.38µg (39.12%), Vitamin B1: 0.45mg (29.74%), Vitamin A: 1429.82IU (28.6%), Manganese: 0.57mg (28.48%), Vitamin B2: 0.48mg (28.46%), Folate: 94.54µg (23.64%), Vitamin B3: 4.48mg (22.42%), Iron: 3.99mg (22.17%), Fiber: 4.36g (17.44%), Zinc: 2.38mg (15.87%), Potassium: 467.5mg (13.36%), Vitamin B6: 0.25mg (12.37%), Magnesium: 49.45mg (12.36%), Vitamin B12: 0.7µg (11.62%), Vitamin K: 10.51µg (10.01%), Vitamin E: 1.49mg (9.93%), Copper: 0.18mg (9.09%), Vitamin B5: 0.54mg (5.4%), Vitamin D: 0.28µg (1.89%)