



BBQ Chicken and Blue Cheese Pizza

READY IN



20 min.

SERVINGS



6

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 2 ounces cheese blue crumbled
- ☐ 1.5 cups chicken breast shredded boneless skinless
- ☐ 8 ounce uncook pizza crust thin (such as Mama Mary's)
- ☐ 0.3 pound plum tomatoes thinly sliced
- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.5 cup bell pepper yellow coarsely chopped

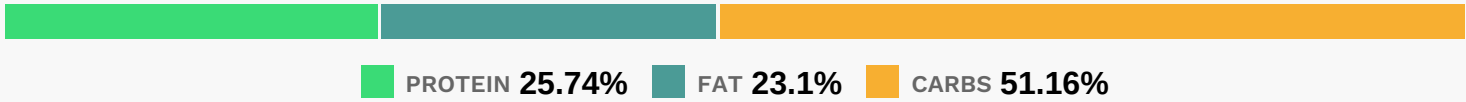
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 50
- ☐ Place pizza crust on a baking sheet.
- ☐ Spread sauce over the crust, leaving a 1/2-inch border. Top with chicken and remaining ingredients.
- ☐ Bake 10 minutes or until cheese melts and crust is crisp.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:8.0469566661379%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 218.61kcal (10.93%), Fat: 5.58g (8.58%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.52g (9.64%), Sugar: 6.96g (7.73%), Cholesterol: 31.09mg (10.36%), Sodium: 518.01mg (22.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.97%), Vitamin C: 26.91mg (32.61%), Vitamin B3: 4.34mg (21.7%), Selenium: 13.68µg (19.54%), Vitamin B6: 0.36mg (18.02%), Phosphorus: 129.88mg (12.99%), Calcium: 97.7mg (9.77%), Potassium: 290.39mg (8.3%), Iron: 1.43mg (7.97%), Vitamin B5: 0.78mg (7.78%), Vitamin A: 301.48IU (6.03%), Vitamin B2: 0.09mg (5.46%), Fiber: 1.28g (5.12%), Magnesium: 18.89mg (4.72%), Manganese: 0.08mg (3.99%), Zinc: 0.57mg (3.81%), Folate: 13.82µg (3.45%), Vitamin B12: 0.19µg (3.17%), Vitamin B1: 0.05mg (3.13%), Copper: 0.05mg (2.75%), Vitamin E: 0.33mg (2.18%), Vitamin K: 2.13µg (2.03%)