



## BBQ Chicken & Bacon Pizza

READY IN



20 min.

SERVINGS



20

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup mesquite smoke barbecue sauce kraft
- 4 oz oscar mayer carving board flame grilled chicken breast strips
- 2 green onions sliced
- 0.3 cup peppers and tomatoes green chopped
- 2 ready-to-use baked pizza crusts (8 inch)
- 2 Tbsp oscar mayer real bacon recipe pieces
- 0.8 cup cheddar cheese shredded kraft

### Equipment

baking sheet

oven

## Directions

Heat oven to 450F.

Place pizza crusts on baking sheet; spread with barbecue sauce.

Top with remaining ingredients.

Bake 8 to 10 min. or until heated through.

## Nutrition Facts



**PROTEIN 18.76%** **FAT 22.75%** **CARBS 58.49%**

## Properties

Glycemic Index:3.45, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.996521756053%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 144.05kcal (7.2%), Fat: 3.62g (5.57%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 20.24g (7.36%), Sugar: 1.87g (2.08%), Cholesterol: 10.06mg (3.35%), Sodium: 299.98mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.43%), Calcium: 69.04mg (6.9%), Iron: 1.19mg (6.61%), Vitamin B3: 0.82mg (4.08%), Selenium: 2.82µg (4.03%), Phosphorus: 33.87mg (3.39%), Fiber: 0.69g (2.77%), Vitamin K: 2.8µg (2.67%), Vitamin B6: 0.04mg (2.23%), Vitamin C: 1.74mg (2.11%), Vitamin B2: 0.03mg (1.68%), Zinc: 0.23mg (1.5%), Vitamin A: 70.51IU (1.41%), Vitamin B12: 0.06µg (1.07%)