



BBQ Chicken Cauliflower Crust Pizza

 Popular

READY IN



25 min.

SERVINGS



3

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 1 medium head cauliflower cut into florets
- ☐ 2 tablespoons cilantro leaves
- ☐ 1 eggs
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 1 cauliflower pizza crust (see below)
- ☐ 0.3 cup onion red thinly sliced
- ☐ 3 servings salt and pepper to taste

- ☐ 1 teaspoon seasoning blend italian
- ☐ 1 cup meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 0.8 cup mozzarella cheese shredded

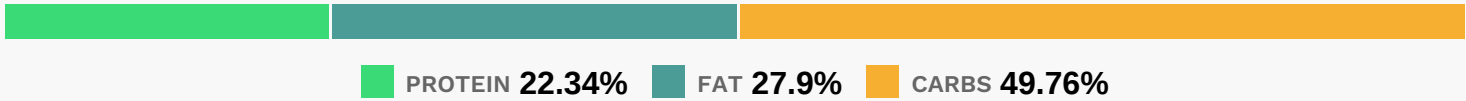
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ microwave
- ☐ kitchen towels

Directions

- ☐ Mix the chicken and barbecue sauce, top the pizza with the chicken, mozzarella and red onion and bake until the cheese is bubbling, about 10–15 minutes.Rice the cauliflower in a food processor, place it in a microwave safe dish and microwave for 8 minutes or until cooked.
- ☐ Place the cauliflower in a tea towel and squeeze as much moisture out as you can.
- ☐ Mix the cauliflower, egg, mozzarella, parmesan, oregano, salt and pepper, press the mixture onto a baking mat or parchment paper lined baking sheet and bake in a preheated 450F oven until lightly golden brown, about 15–20 minutes.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:26.951304062553%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg

Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 768.63kcal (38.43%), Fat: 23.94g (36.84%), Saturated Fat: 12.09g (75.57%), Carbohydrates: 96.08g (32.03%), Net Carbohydrates: 89.3g (32.47%), Sugar: 22.68g (25.2%), Cholesterol: 132.09mg (44.03%), Sodium: 1925mg (83.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.13g (86.25%), Vitamin C: 93.74mg (113.63%), Calcium: 540.04mg (54%), Phosphorus: 440.52mg (44.05%), Selenium: 27.66µg (39.51%), Vitamin K: 36.85µg (35.1%), Iron: 6.08mg (33.75%), Vitamin B6: 0.65mg (32.64%), Folate: 127.56µg (31.89%), Fiber: 6.77g (27.09%), Vitamin B2: 0.44mg (26.15%), Vitamin B3: 5.07mg (25.33%), Potassium: 883.21mg (25.23%), Vitamin B12: 1.43µg (23.83%), Manganese: 0.44mg (21.85%), Vitamin B5: 2.16mg (21.63%), Zinc: 3.13mg (20.88%), Magnesium: 62.71mg (15.68%), Vitamin A: 615.26IU (12.31%), Vitamin B1: 0.17mg (11.09%), Copper: 0.16mg (8.21%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.52µg (3.48%)