



WHATSheATE



BBQ Chicken Pizza



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup green onions chopped
- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- ☐ 0.7 cup plum tomatoes diced
- ☐ 2 cups roasted boneless skinless chopped (2 breasts)
- ☐ 0.8 cup tomato chutney
- ☐ 3 ounces cheddar cheese shredded white extra-sharp

Equipment

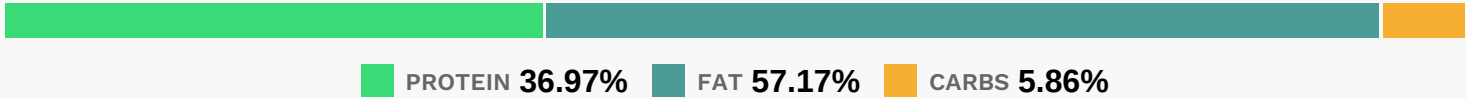
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place crust on a baking sheet.
- ☐ Bake at 450 for 3 minutes.
- ☐ Remove from oven; spread chutney over crust, leaving a 1/2-inch border.
- ☐ Top chutney with chicken.
- ☐ Sprinkle diced tomato, cheese, and green onions evenly over chicken.
- ☐ Bake at 450 for 9 minutes or until cheese melts.
- ☐ Cut pizza into 6 wedges.
- ☐ Note: If you can't find tomato chutney, make your own.
- ☐ Combine 2 cups diced plum tomato, 3 tablespoons brown sugar, 3 tablespoons cider vinegar, 1/8 teaspoon Jamaica jerk seasoning, and 1 minced garlic clove in a small saucepan; bring to a boil. Reduce heat to medium; cook 20 minutes or until thickened.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:9.3591304084529%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 276.36kcal (13.82%), Fat: 18.03g (27.73%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.36g (1.51%), Cholesterol: 55.62mg (18.54%), Sodium: 243.61mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.45%), Selenium: 20.04µg (28.64%), Vitamin B3: 5.52mg (27.59%), Vitamin B6: 0.42mg (21.18%), Calcium: 205.71mg (20.57%), Phosphorus: 182.76mg (18.28%),

Vitamin K: 15.49µg (14.75%), Vitamin A: 586.54IU (11.73%), Vitamin C: 7.8mg (9.45%), Potassium: 317.69mg (9.08%),
Vitamin B5: 0.82mg (8.15%), Vitamin B2: 0.13mg (7.38%), Zinc: 0.91mg (6.05%), Magnesium: 22.88mg (5.72%),
Vitamin B12: 0.25µg (4.17%), Folate: 15.27µg (3.82%), Vitamin B1: 0.06mg (3.72%), Manganese: 0.07mg (3.45%),
Vitamin E: 0.47mg (3.16%), Fiber: 0.68g (2.73%), Copper: 0.05mg (2.46%), Iron: 0.41mg (2.28%)