



BBQ Chicken Pizza

READY IN



21 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bbq sauce
- 0.5 pound chicken cutlets
- 1 cup apples green sliced
- 2 green onions sliced
- 0.3 cup real bacon bits
- 13.8 ounce pizza dough refrigerated canned (recommended: Pillsbury)
- 4 servings salt and pepper
- 2 cups mozzarella cheese shredded
- 1 tablespoon vegetable oil

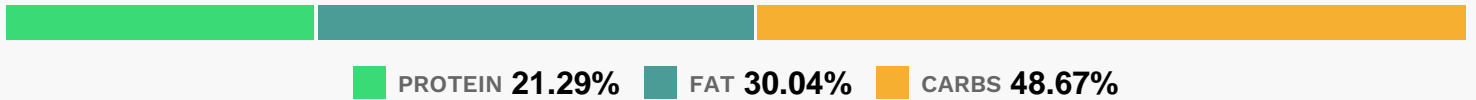
Equipment

- baking sheet
- grill

Directions

- Set up grill for direct cooking over medium-high heat. Oil grate when ready to start cooking.
- Brush chicken with vegetable oil, season with salt and pepper.
- Place chicken on the grill and cook until done, about 2 minutes per side. When done, slice into 1-inch pieces, reserve.
- Spray a perforated disposable cookie sheet with nonstick cooking spray. Carefully remove pizza dough from can. Unroll dough and place on cookie sheet on the grill.
- Let cook 2 minutes and turn pizza over.
- Spread BBQ sauce over pizza leaving a 1-inch border. Next, top with mozzarella cheese, diced apples, chicken, and bacon pieces.
- Cover with grill lid and cook 5 minutes until cheese is melted and bubbly.
- Serve hot, topped with green onions.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:15.223478260248%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 669.66kcal (33.48%), Fat: 22.44g (34.53%), Saturated Fat: 10.01g (62.57%), Carbohydrates: 81.8g (27.27%), Net Carbohydrates: 78.79g (28.65%), Sugar: 33.77g (37.52%), Cholesterol: 90.62mg (30.21%), Sodium: 2267.41mg (98.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.58%), Selenium: 28.63µg (40.9%), Phosphorus: 337.27mg (33.73%), Vitamin B3: 6.46mg (32.29%), Calcium: 315.54mg (31.55%), Vitamin B6: 0.52mg (25.77%), Vitamin B12: 1.39µg (23.17%), Vitamin K: 22.05µg (21%), Iron: 3.68mg (20.46%), Vitamin B2: 0.27mg (15.77%), Zinc: 2.12mg (14.15%), Potassium: 468.26mg (13.38%), Vitamin A: 632.42IU (12.65%), Fiber: 3.02g (12.07%), Vitamin B5: 1.03mg (10.28%), Magnesium: 38mg (9.5%), Vitamin E: 1.15mg (7.69%), Manganese: 0.14mg (6.82%), Vitamin B1: 0.08mg (5.21%), Vitamin C: 3.67mg (4.45%), Copper: 0.09mg (4.33%), Folate: 12.4µg (3.1%), Vitamin D: 0.28µg (1.87%)