



BBQ Chicken Pizza

READY IN



47 min.

SERVINGS



6

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup barbecue sauce (recommended: Bullseye Original)
- ☐ 0.5 pound chicken tenderloins
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup gouda cheese shredded
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup parmesan shredded
- ☐ 13.8 ounce pizza dough (recommended: Pillsbury Classic)
- ☐ 0.5 medium onion red thinly sliced
- ☐ 1 cup mozzarella cheese shredded

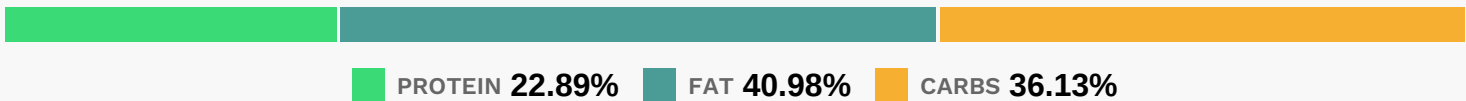
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add chicken tenders and saute until golden brown, about 12 minutes.
- ☐ Remove from heat. When chicken is cool enough to handle, dice chicken to yield a little over 1 cup. In a small bowl, toss chicken with 2 tablespoons barbecue sauce. Set aside.
- ☐ On a floured surface, roll out dough and place on a greased sheet pan. Shape to fill the sheet pan, about a 15 by 10-inch rectangle.
- ☐ Spread remaining barbecue sauce evenly over pizza dough.
- ☐ Sprinkle Gouda, mozzarella, Parmesan, onions, and chicken over top.
- ☐ Bake for 20 minutes or until cheese bubbles.
- ☐ Sprinkle with chopped cilantro and cut into pieces.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:12.601739048958%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 513.4kcal (25.67%), Fat: 23.38g (35.97%), Saturated Fat: 11.09g (69.31%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 44.97g (16.35%), Sugar: 15.93g (17.7%), Cholesterol: 81.15mg (27.05%), Sodium: 1402.63mg (60.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.38g (58.76%), Calcium: 463.95mg (46.39%), Phosphorus: 402.79mg (40.28%), Selenium: 22.83µg (32.62%), Vitamin B3: 4.22mg (21.08%), Vitamin B12: 1.11µg (18.44%), Vitamin B6: 0.36mg (18.01%), Zinc: 2.33mg (15.55%), Vitamin B2: 0.25mg (14.79%), Iron: 2.41mg (13.38%), Vitamin A: 486.51IU (9.73%), Potassium: 289.52mg (8.27%), Magnesium: 32.74mg (8.18%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 1.14mg (7.59%), Fiber: 1.43g (5.7%), Vitamin K: 5.44µg (5.18%), Vitamin B1: 0.06mg (3.68%), Manganese: 0.07mg (3.49%), Folate: 12.41µg (3.1%), Copper: 0.05mg (2.69%), Vitamin D: 0.32µg (2.15%), Vitamin C: 1.38mg (1.67%)