



BBQ Chicken Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



4544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup spicy barbeque sauce
- ☐ 2 cups colby-monterey jack cheese shredded
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 cup pepperoncini peppers sliced
- ☐ 12 inch pre-baked pizza crust
- ☐ 1 cup onion red chopped
- ☐ 2 chicken breast halves boneless skinless cubed cooked

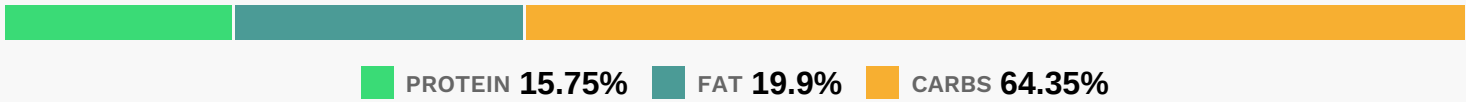
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place pizza crust on a medium baking sheet.
- ☐ Spread the crust with barbeque sauce. Top with chicken, cilantro, pepperoncini peppers, onion, and cheese.
- ☐ Bake in the preheated oven for 15 minutes, or until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:42.673043520554%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 18.36mg, Quercetin: 18.36mg, Quercetin: 18.36mg, Quercetin: 18.36mg

Nutrients (% of daily need)

Calories: 4544.01kcal (227.2%), Fat: 100.01g (153.86%), Saturated Fat: 53.13g (332.08%), Carbohydrates: 727.44g (242.48%), Net Carbohydrates: 702.09g (255.31%), Sugar: 73.15g (81.28%), Cholesterol: 172.89mg (57.63%), Sodium: 9485.95mg (412.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 178.1g (356.2%), Iron: 39.55mg (219.74%), Calcium: 2158.18mg (215.82%), Fiber: 25.34g (101.37%), Phosphorus: 812.58mg (81.26%), Selenium: 55.03µg (78.61%), Vitamin C: 60.49mg (73.32%), Vitamin B6: 1.37mg (68.31%), Vitamin B3: 13.65mg (68.25%), Vitamin B2: 0.7mg (40.9%), Vitamin A: 1705.51IU (34.11%), Potassium: 1137.75mg (32.51%), Zinc: 4.6mg (30.66%), Magnesium: 98.06mg (24.51%), Vitamin B5: 2.37mg (23.68%), Vitamin K: 24.24µg (23.08%), Manganese: 0.39mg (19.59%), Vitamin B12: 1.16µg (19.4%), Folate: 63.38µg (15.85%), Vitamin E: 2.2mg (14.64%), Vitamin B1: 0.21mg (14.12%), Copper: 0.27mg (13.41%), Vitamin D: 0.79µg (5.27%)