



BBQ Chicken Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barbecue sauce
- ☐ 2 cups chicken breast cooked coarsely chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 cups mozzarella cheese shredded reduced-fat
- ☐ 13.8 ounce artisan pizza crust whole refrigerated with grain pillsbury® canned
- ☐ 0.5 cup onion red thinly sliced

Equipment

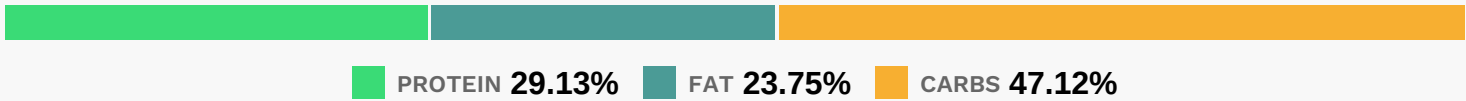
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400 degrees F for dark or nonstick pan (425 degrees F for all other pans). Spray 15x10-inch pan with sides with cooking spray.
- ☐ Unroll dough in pan; starting at center, press dough into 15x10-inch rectangle.
- ☐ Bake about 8 minutes or until light brown.
- ☐ Meanwhile, in medium bowl, place chicken and barbecue sauce. Using 2 forks, toss until chicken is coated with sauce.
- ☐ Sprinkle 1 cup of the cheese over crust. Spoon and spread chicken mixture evenly over cheese. Top with red onion and remaining 1 cup of cheese.
- ☐ Bake about 5 minutes longer or until cheese is melted. To serve, cut into 6 rows by 3 rows.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:10.42999996828%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 417.34kcal (20.87%), Fat: 10.86g (16.71%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 46.95g (17.07%), Sugar: 13.85g (15.38%), Cholesterol: 63.77mg (21.26%), Sodium: 982.26mg (42.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.96%), Calcium: 375.73mg (37.57%), Vitamin B3: 6.67mg (33.34%), Phosphorus: 291.85mg (29.18%), Selenium: 18.84µg (26.91%), Vitamin B6: 0.35mg (17.46%), Iron: 2.6mg (14.44%), Vitamin B2: 0.19mg (11.24%), Zinc: 1.59mg (10.6%), Vitamin B12: 0.47µg (7.79%), Potassium: 253.86mg (7.25%), Magnesium: 28.19mg (7.05%), Fiber: 1.53g (6.14%), Vitamin B5: 0.56mg (5.55%), Vitamin A: 275.82IU (5.52%), Manganese: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.59%), Copper: 0.06mg (3.17%), Vitamin E: 0.47mg (3.13%), Folate: 8.55µg (2.14%), Vitamin K: 1.65µg (1.57%), Vitamin C: 1.22mg (1.48%), Vitamin D:

0.16μg (1.06%)