



## BBQ Chicken Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounces bread crumbs italian (es in diameter)
- 0.8 cup barbecue sauce
- 1.5 cups roasted chicken cooked
- 3 ounces cheddar cheese smoked shredded
- 6 tablespoons onion red chopped

### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 450°.
- Place bread shells on ungreased large cookie sheet.
- Spread barbecue sauce on bread shells to within 1/4 inch of edges. Top with chicken and cheese.
- Sprinkle with onion.
- Bake 7 to 12 minutes or until cheese is melted.

## Nutrition Facts

**PROTEIN 10.64%** **FAT 52.45%** **CARBS 36.91%**

## Properties

Glycemic Index:9, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:10.27739144149%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 814.53kcal (40.73%), Fat: 47.4g (72.93%), Saturated Fat: 25.15g (157.17%), Carbohydrates: 75.06g (25.02%), Net Carbohydrates: 70.6g (25.67%), Sugar: 47.38g (52.64%), Cholesterol: 40.42mg (13.47%), Sodium: 908.28mg (39.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.29%), Vitamin B3: 8.09mg (40.47%), Folate: 78.78µg (19.7%), Selenium: 13.14µg (18.77%), Phosphorus: 184.13mg (18.41%), Fiber: 4.46g (17.84%), Iron: 3.08mg (17.1%), Vitamin B2: 0.24mg (14.04%), Vitamin B1: 0.2mg (13.16%), Potassium: 434.68mg (12.42%), Calcium: 118.51mg (11.85%), Vitamin B6: 0.19mg (9.6%), Zinc: 1.36mg (9.05%), Magnesium: 36.1mg (9.03%), Vitamin A: 236.66IU (4.73%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.25µg (4.2%), Manganese: 0.07mg (3.27%), Copper: 0.05mg (2.71%), Vitamin E: 0.39mg (2.63%), Vitamin C: 0.95mg (1.16%)