



BBQ Chicken Pizza

READY IN



135 min.

SERVINGS



6

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce yeast dry ()
- 2 teaspoons chili powder
- 1 tablespoon apple cider vinegar
- 0.3 cup t brown sugar dark packed
- 2.3 cups flour all-purpose
- 1 medium garlic clove finely chopped
- 2 cups gouda cheese smoked shredded
- 1 teaspoon granulated sugar
- 0.8 cup catsup

- 2 tablespoons blackstrap molasses dark light (not blackstrap)
- 1 tablespoon olive oil plus more for coating the bowl
- 1 teaspoon paprika
- 0.5 medium onion red thinly sliced
- 0.5 teaspoon salt fine
- 2 cups chicken shredded cooked
- 2 cups whole-milk mozzarella shredded
- 0.3 cup water
- 1 tablespoon worcestershire sauce

Equipment

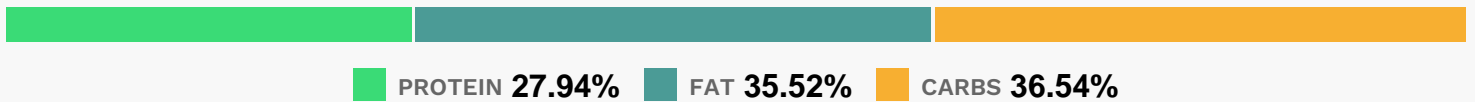
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- plastic wrap
- stand mixer
- cutting board

Directions

- Whisk the water and sugar together in the bowl of a stand mixer fitted with a dough hook, then sprinkle the yeast on top. Set aside until the mixture bubbles, about 10 minutes.
- Add the flour, measured oil, and salt and mix on low speed until the dough just starts to come together and looks shaggy, about 2 minutes. Increase the speed to medium and continue to mix until the dough is elastic and smooth, about 5 minutes. Meanwhile, coat a large bowl with a thin layer of oil and set it aside. When the dough is ready, form it into a ball, place it in the oiled bowl, and turn to coat it with the oil. Cover the bowl tightly with plastic wrap.

- Place all of the ingredients in a medium saucepan and bring to a simmer over medium heat, whisking occasionally. Reduce the heat to low and continue to simmer, whisking occasionally, until the flavors have mingled and the sauce has reduced to about 1 cup, about 30 minutes.
- Remove the pan from the heat and let the sauce cool to room temperature. For the pizza: Once the dough has risen, punch it down, turn it out onto a work surface, and form it into a ball. Return the dough to the bowl, cover tightly with plastic wrap, and let rest for 15 to 20 minutes. Meanwhile, heat the oven to 525°F and arrange a rack on the bottom.
- Transfer the dough to a baking sheet. Using your hands, stretch and shape it into a rough 16-by-12-inch rectangle. Using a fork, prick the dough all over, being careful not to poke all the way through. Evenly spread all of the cooled barbecue sauce over the dough, leaving about a 1/2-inch border around the edge. Evenly scatter the chicken over the sauce, sprinkle both cheeses over the chicken, and scatter the onion over the cheese.
- Bake until the crust is golden brown and the cheese has melted, about 20 minutes.
- Transfer to a cutting board, cut into slices, and serve.

Nutrition Facts



Properties

Glycemic Index: 54.68, Glycemic Load: 29.26, Inflammation Score: -8, Nutrition Score: 28.682608521503%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg
 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
 Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 703.86kcal (35.19%), Fat: 27.77g (42.73%), Saturated Fat: 15.16g (94.78%), Carbohydrates: 64.28g (21.43%), Net Carbohydrates: 61.42g (22.33%), Sugar: 24.13g (26.81%), Cholesterol: 131.68mg (43.89%), Sodium: 1482.33mg (64.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.32%), Calcium: 962.41mg (96.24%), Phosphorus: 844.04mg (84.4%), Selenium: 47.82µg (68.31%), Vitamin B2: 0.79mg (46.53%), Zinc: 5.83mg (38.86%), Vitamin B3: 7.66mg (38.3%), Vitamin B1: 0.57mg (38.27%), Folate: 141.21µg (35.3%), Vitamin B12: 1.7µg (28.29%), Manganese: 0.52mg (26.06%), Vitamin A: 1162.52IU (23.25%), Vitamin B6: 0.46mg (22.85%), Iron: 3.94mg (21.89%), Magnesium: 80.13mg (20.03%), Potassium: 558.04mg (15.94%), Vitamin B5: 1.19mg (11.95%), Fiber: 2.87g (11.46%), Copper: 0.22mg (11.22%), Vitamin E: 1.4mg (9.33%), Vitamin K: 5.91µg (5.63%), Vitamin C: 2.44mg (2.96%), Vitamin D: 0.39µg (2.63%)