



BBQ Chicken Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



2289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 12 inch uncook pizza crust italian
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 3 cups chicken shredded cooked
- ☐ 1 cup mozzarella cheese shredded

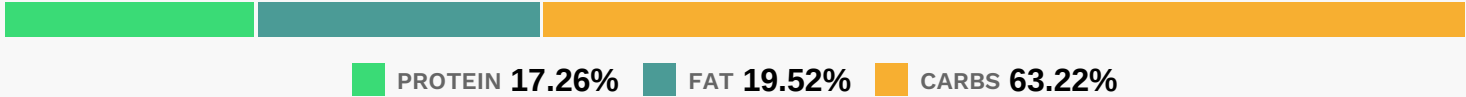
Equipment

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Place pizza crust on a lightly greased 12" round pizza pan.
- ☐ Combine chicken and barbecue sauce; spread on pizza crust.
- ☐ Sprinkle with cheeses.
- ☐ Bake at 450 degrees for 8 to 10 minutes, or until cheeses melt and crust is crisp.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:22.803478064744%

Nutrients (% of daily need)

Calories: 2289kcal (114.45%), Fat: 49.25g (75.77%), Saturated Fat: 23.72g (148.24%), Carbohydrates: 358.82g (119.61%), Net Carbohydrates: 347.94g (126.52%), Sugar: 34.31g (38.12%), Cholesterol: 115mg (38.33%), Sodium: 4678.57mg (203.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 97.98g (195.95%), Iron: 20.32mg (112.86%), Calcium: 893.76mg (89.38%), Selenium: 35.52µg (50.74%), Vitamin B3: 8.74mg (43.69%), Fiber: 10.88g (43.53%), Phosphorus: 379.71mg (37.97%), Vitamin B6: 0.5mg (25.21%), Zinc: 3.05mg (20.36%), Vitamin B2: 0.34mg (19.76%), Vitamin B12: 1.09µg (18.21%), Potassium: 438.49mg (12.53%), Vitamin B5: 1.24mg (12.36%), Vitamin A: 534.02IU (10.68%), Magnesium: 40.76mg (10.19%), Vitamin B1: 0.09mg (6.27%), Copper: 0.12mg (5.95%), Manganese: 0.12mg (5.89%), Vitamin E: 0.73mg (4.87%), Folate: 11.61µg (2.9%), Vitamin K: 2.27µg (2.16%), Vitamin D: 0.2µg (1.31%)