

## BBQ Chicken Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



4544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup barbecue sauce
- 2 cups monterrey jack cheese shredded
- 0.5 cup cilantro leaves fresh chopped
- 1 cup pepperoncini peppers sliced
- 12 inch uncook pizza crust
- 1 cup onion red chopped
- 2 chicken breast halves boneless skinless cubed cooked

### Equipment

baking sheet

oven

## Directions

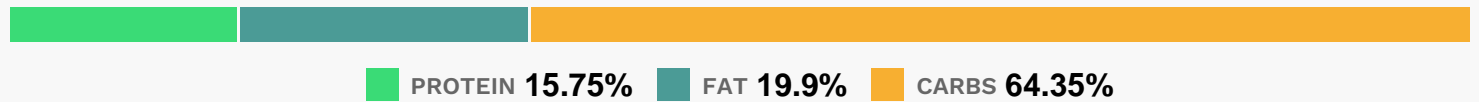
Preheat oven to 350 degrees F (175 degrees C).

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: 0g (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%)