



WHATSheATE



BBQ Chicken Pizza

READY IN



63 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup spicy barbecue sauce divided
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup slivered onion red
- ☐ 4 ounces preshredded part-skim mozzarella cheese
- ☐ 16 ounce italian-cheese pizza crust flavored
- ☐ 12 ounce chicken breast halves boneless skinless

Equipment

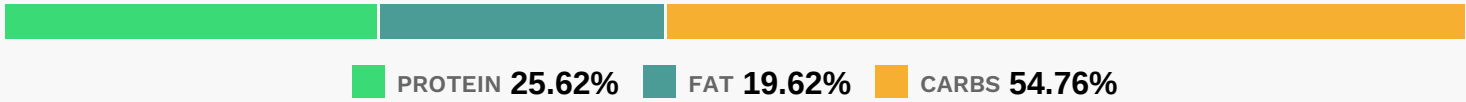
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place chicken on an ungreased baking sheet; spoon 1/3 cup barbecue sauce over chicken.
- ☐ Bake at 350 for 40 minutes or until chicken is done. Cool; chop and set aside.
- ☐ Spread remaining 1/3 cup sauce evenly over pizza crust, leaving a 1-inch border. Top crust evenly with chicken and remaining ingredients.
- ☐ Bake at 350 for 15 to 20 minutes or until cheese melts.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:6.9513043294782%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 282.79kcal (14.14%), Fat: 6.09g (9.37%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 37.04g (13.47%), Sugar: 9.21g (10.24%), Cholesterol: 36.29mg (12.1%), Sodium: 683.54mg (29.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.78%), Vitamin B3: 4.6mg (23.01%), Selenium: 15.99µg (22.85%), Vitamin B6: 0.35mg (17.72%), Calcium: 173.98mg (17.4%), Phosphorus: 161.68mg (16.17%), Iron: 1.9mg (10.55%), Potassium: 234.79mg (6.71%), Vitamin B5: 0.67mg (6.65%), Vitamin B2: 0.1mg (5.93%), Fiber: 1.19g (4.75%), Zinc: 0.69mg (4.6%), Magnesium: 18.11mg (4.53%), Vitamin B12: 0.2µg (3.35%), Vitamin A: 141.21IU (2.82%), Vitamin B1: 0.04mg (2.56%), Manganese: 0.05mg (2.34%), Vitamin E: 0.3mg (1.97%), Copper: 0.04mg (1.75%), Vitamin C: 1.17mg (1.42%), Folate: 4.78µg (1.2%), Vitamin K: 1.08µg (1.03%)