



BBQ Chicken Pizza

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



2325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bbq sauce
- ☐ 1 ounce cheese blue crumbled ()
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 0.5 cup gouda cheese grated ()
- ☐ 1 cup mozzarella cheese grated ()
- ☐ 1 pizza dough
- ☐ 1 handful onion red sliced ()
- ☐ 0.5 pound chicken breast boneless skinless (and)

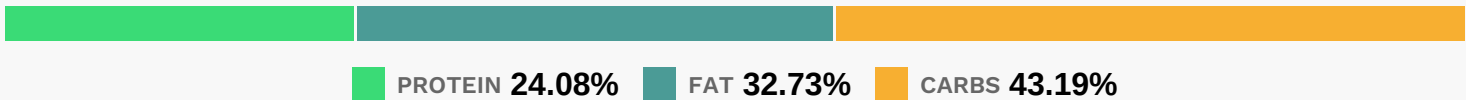
Equipment

- ☐ oven
- ☐ grill

Directions

- ☐ Grill the chicken until just cooked all the way through, remove from heat, let sit and then slice it into 1/4 inch slices.
- ☐ Roll the pizza dough out on a lightly floured surface.
- ☐ Spread the bbq sauce over the dough followed by the chicken, onion, and cheeses.
- ☐ Bake in a preheated 500F oven until golden brown, about 5–10 minutes.
- ☐ Serve garnished with the chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:47.88130407748%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 2324.89kcal (116.24%), Fat: 84.5g (130%), Saturated Fat: 45.21g (282.58%), Carbohydrates: 250.83g (83.61%), Net Carbohydrates: 243.55g (88.56%), Sugar: 75.72g (84.13%), Cholesterol: 389.75mg (129.92%), Sodium: 6561.88mg (285.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 139.88g (279.75%), Phosphorus: 1659.16mg (165.92%), Selenium: 114.78µg (163.97%), Calcium: 1604.78mg (160.48%), Vitamin B3: 25.03mg (125.17%), Vitamin B6: 2mg (99.81%), Vitamin B12: 5.17µg (86.25%), Iron: 13.25mg (73.6%), Zinc: 10.22mg (68.12%), Vitamin B2: 1.13mg (66.7%), Vitamin A: 2297.72IU (45.95%), Vitamin B5: 4.54mg (45.41%), Potassium: 1494.04mg (42.69%), Magnesium: 141.92mg (35.48%), Fiber: 7.28g (29.12%), Vitamin K: 21.41µg (20.39%), Vitamin B1: 0.26mg (17.23%), Vitamin E: 2.24mg (14.95%), Folate: 57.49µg (14.37%), Manganese: 0.28mg (14.08%), Copper: 0.24mg (11.99%), Vitamin D: 1.41µg (9.39%), Vitamin C: 4.73mg (5.74%)