



## BBQ Chicken Pizza I

READY IN



45 min.

SERVINGS



8

CALORIES



1193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup barbecue sauce flavored
- 3 chicken breast halves boneless cubed cooked
- 0.3 cup brown sugar
- 0.5 bunch cilantro leaves fresh chopped
- 1 cup gouda cheese smoked shredded
- 1 tablespoon honey
- 1 teaspoon blackstrap molasses
- 12 inch uncook pizza crust
- 1 cup onion red thinly sliced

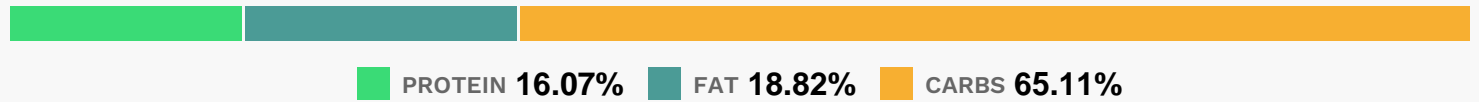
# Equipment

- sauce pan
- oven

# Directions

- Preheat oven to 425 degrees F (220 degrees C). In a saucepan over medium high heat, combine chicken, barbeque sauce, honey, molasses, brown sugar and cilantro. Bring to a boil.
- Spread chicken mixture evenly over pizza crust, and top with cheese and onions.
- Bake for 15 to 20 minutes, or until cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:22.78, Glycemic Load:2.01, Inflammation Score:-2, Nutrition Score:13.663478291553%

# Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

# Nutrients (% of daily need)

Calories: 1193.07kcal (59.65%), Fat: 24.84g (38.22%), Saturated Fat: 13.17g (82.28%), Carbohydrates: 193.29g (64.43%), Net Carbohydrates: 187.49g (68.18%), Sugar: 30.2g (33.55%), Cholesterol: 60.83mg (20.28%), Sodium: 2461.33mg (107.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.72g (95.44%), Iron: 9.85mg (54.7%), Calcium: 543.58mg (54.36%), Selenium: 18.7µg (26.72%), Phosphorus: 264.39mg (26.44%), Vitamin B3: 4.7mg (23.51%), Fiber: 5.8g (23.2%), Vitamin B6: 0.4mg (20.14%), Zinc: 1.51mg (10.05%), Vitamin B2: 0.17mg (9.91%), Potassium: 333.65mg (9.53%), Vitamin B12: 0.54µg (9%), Vitamin B5: 0.81mg (8.11%), Magnesium: 29.37mg (7.34%), Vitamin A: 293.43IU (5.87%), Manganese: 0.1mg (5.2%), Vitamin B1: 0.05mg (3.61%), Copper: 0.07mg (3.31%), Folate: 12.87µg (3.22%), Vitamin E: 0.45mg (3.03%), Vitamin K: 3.04µg (2.89%), Vitamin C: 2.35mg (2.85%), Vitamin D: 0.19µg (1.27%)