



## BBQ Chicken Pizza II

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



2053 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup barbecue sauce
- 0.5 cup grilled chicken diced
- 0.3 cup bell pepper green chopped
- 1 cup monterrey jack cheese shredded
- 12 inch pre-baked pizza crust
- 0.3 cup bell pepper red chopped
- 0.3 cup onion red chopped

### Equipment

baking sheet

oven

## Directions

Preheat oven to 450 degrees F (230 degrees C).

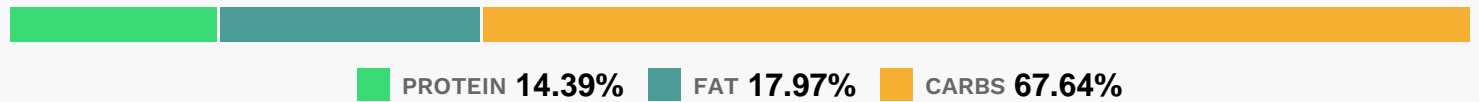
Place pizza crust on cookie sheet.

Spread with barbecue sauce. Scatter chicken over top.

Sprinkle evenly with red pepper, green pepper and onion. Cover with cheese.

Bake in preheated oven for 10 to 12 minutes, or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:16.128695887068%

## Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

## Nutrients (% of daily need)

Calories: 2053.41kcal (102.67%), Fat: 40.78g (62.74%), Saturated Fat: 21.13g (132.09%), Carbohydrates: 345.4g (115.13%), Net Carbohydrates: 334.32g (121.57%), Sugar: 23.29g (25.87%), Cholesterol: 38.27mg (12.76%), Sodium: 4147.34mg (180.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.5g (147.01%), Iron: 19.18mg (106.55%), Calcium: 844.83mg (84.48%), Fiber: 11.08g (44.33%), Vitamin C: 20.36mg (24.68%), Phosphorus: 173.36mg (17.34%), Selenium: 8.93µg (12.75%), Vitamin A: 630.73IU (12.61%), Vitamin B2: 0.17mg (9.95%), Vitamin B6: 0.18mg (9.04%), Vitamin B3: 1.77mg (8.83%), Zinc: 1.23mg (8.18%), Potassium: 196.44mg (5.61%), Magnesium: 19mg (4.75%), Vitamin B12: 0.29µg (4.75%), Manganese: 0.09mg (4.29%), Vitamin E: 0.54mg (3.62%), Folate: 13.79µg (3.45%), Vitamin B5: 0.34mg (3.39%), Copper: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.55%), Vitamin K: 2.54µg (2.41%), Vitamin D: 0.17µg (1.13%)