



BBQ Chicken Pizza Roll

READY IN



40 min.

SERVINGS



40

CALORIES



51 kcal

Ingredients

- 1 cup & spicy barbecue sauce thick divided kraft
- 1 green onion chopped
- 1 cup pizza mozzarella & provolone cheeses shredded kraft
- 13.8 oz pizza crust refrigerated canned
- 0.5 cup meat from a rotisserie chicken shredded cooked

Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Unroll pizza dough onto lightly floured surface; press to form 12x8-inch rectangle.
- Brush 1/2 cup barbecue sauce onto crust to within 1 inch of edges; top with chicken, onions and cheese. Starting at one long side, roll up to form log; pinch edges together to seal.
- Place, seam side down, on baking sheet sprayed with cooking spray.
- Bake 20 to 25 min. or until golden brown.
- Let stand 10 min. before slicing.
- Serve with remaining barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.83652174051689%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 50.96kcal (2.55%), Fat: 1.34g (2.07%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 7.46g (2.71%), Sugar: 3.01g (3.34%), Cholesterol: 3.59mg (1.2%), Sodium: 169.71mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Calcium: 27.73mg (2.77%), Phosphorus: 21.27mg (2.13%), Iron: 0.35mg (1.96%), Selenium: 1µg (1.43%), Vitamin B2: 0.02mg (1.02%)