



BBQ Chicken Pizzeria Pizza

 Gluten Free

READY IN



43 min.

SERVINGS



2

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons original barbecue sauce kraft
- 2 cups mozza-cheddar cheese light shredded kraft
- 0.5 cup pizza sauce
- 2 onion red thick separated
- 1 cup rotisserie chicken cut shredded

Equipment

- oven
- pizza pan

Directions

- Heat oven to 450 degrees F.
- Roll Perfect Parmesan Pizza Dough into 12-inch circle on lightly floured surface. Press onto bottom of 12-inch pizza pan sprayed with cooking spray, stretching dough as necessary to fit.
- Let stand 10 min.
- Mix pizza sauce and barbecue sauce; spread onto dough. Top with remaining ingredients.
- Bake on bottom oven rack 17 to 18 min. or until crust is golden brown.

Nutrition Facts

PROTEIN 30.93% **FAT 55.37%** **CARBS 13.7%**

Properties

Glycemic Index:49.5, Glycemic Load:4.06, Inflammation Score:-8, Nutrition Score:19.763043362161%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 782.55kcal (39.13%), Fat: 48.54g (74.68%), Saturated Fat: 24.35g (152.16%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 23.99g (8.72%), Sugar: 15.95g (17.73%), Cholesterol: 226.56mg (75.52%), Sodium: 1714.6mg (74.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.02g (122.04%), Calcium: 841.45mg (84.14%), Phosphorus: 571.23mg (57.12%), Selenium: 33.24µg (47.48%), Vitamin B2: 0.58mg (34.27%), Zinc: 4.51mg (30.09%), Vitamin A: 1458.47IU (29.17%), Vitamin B12: 1.2µg (19.96%), Vitamin C: 12.59mg (15.25%), Vitamin B6: 0.29mg (14.48%), Potassium: 490.42mg (14.01%), Magnesium: 54.11mg (13.53%), Vitamin E: 1.96mg (13.08%), Folate: 50.67µg (12.67%), Manganese: 0.25mg (12.59%), Fiber: 3.03g (12.1%), Copper: 0.17mg (8.48%), Vitamin B5: 0.83mg (8.34%), Vitamin B1: 0.1mg (6.94%), Iron: 1.17mg (6.49%), Vitamin K: 5.34µg (5.09%), Vitamin B3: 0.95mg (4.75%), Vitamin D: 0.68µg (4.52%)