



BBQ Chicken Tortilla Pizza

READY IN



15 min.

SERVINGS



1

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon honey barbeque sauce
- ☐ 1 tablespoon cilantro leaves fresh divided chopped
- ☐ 0.3 cup mozzarella cheese shredded low-fat to taste finely
- ☐ 0.3 cup onion diced red divided
- ☐ 4 ounces meat from a rotisserie chicken shredded cooked
- ☐ 1 tortillas low-carb whole wheat

Equipment

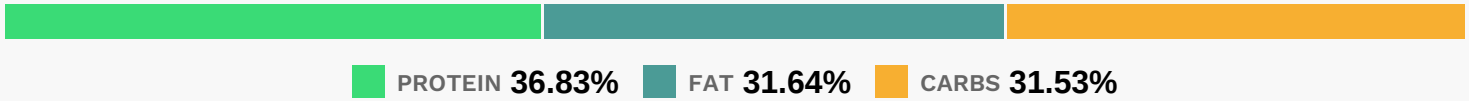
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Spread 1 tablespoon barbeque sauce on tortilla.
- ☐ Mix 1 tablespoon barbeque sauce and chicken in a bowl until coated.
- ☐ Spread chicken mixture, half the red onion, and half the cilantro onto the tortilla.
- ☐ Sprinkle mozzarella cheese over chicken mixture. Top with remaining red onion and cilantro.
- ☐ Place pizza on a baking sheet.
- ☐ Bake in the preheated oven until tortilla is crisp and cheese is melted, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:14.258260910926%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 440.26kcal (22.01%), Fat: 15.23g (23.43%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 30.25g (11%), Sugar: 9.87g (10.97%), Cholesterol: 103.13mg (34.38%), Sodium: 728.07mg (31.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.89g (79.78%), Selenium: 32.4µg (46.28%), Vitamin B3: 9.12mg (45.61%), Phosphorus: 363.81mg (36.38%), Calcium: 331.54mg (33.15%), Vitamin B6: 0.55mg (27.32%), Zinc: 2.6mg (17.35%), Vitamin B2: 0.27mg (16.09%), Fiber: 3.91g (15.65%), Iron: 2.74mg (15.23%), Vitamin B5: 1.2mg (12.05%), Potassium: 384.5mg (10.99%), Vitamin B12: 0.56µg (9.34%), Magnesium: 36.69mg (9.17%), Vitamin B1: 0.1mg (6.54%), Copper: 0.1mg (5.04%), Vitamin A: 249.37IU (4.99%), Manganese: 0.1mg (4.87%), Folate: 16.41µg (4.1%), Vitamin C: 3.17mg (3.85%), Vitamin K: 2.17µg (2.06%), Vitamin E: 0.2mg (1.32%)