



BBQ Pizza

READY IN



18 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons bbq sauce
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 cup regular corn frozen
- 2 tablespoons pickled jalapeno rings
- 1.5 cups monterrey jack cheese shredded
- 1 pizza crust store bought
- 1 cup bbq pork diced shredded cooked

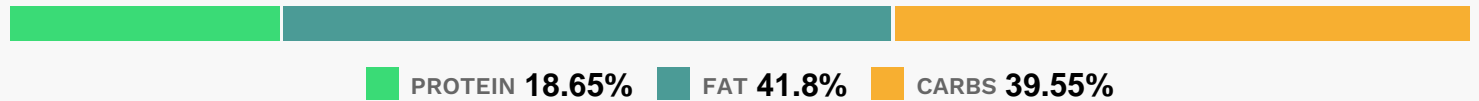
Equipment

- baking sheet
- oven
- pizza pan

Directions

- Preheat oven to 450 degrees F.
- Roll out the pizza dough and place on a pizza pan or large baking sheet.
- Spread the BBQ sauce all over crust. Top with the pork, corn, jalapenos and cheese.
- Bake 8 to 10 minutes, or until the cheese melts and the crust is golden. Top with fresh cilantro.
- Serve with a simple green salad.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:13.996956617936%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 651.19kcal (32.56%), Fat: 30.22g (46.5%), Saturated Fat: 15.04g (94%), Carbohydrates: 64.34g (21.45%), Net Carbohydrates: 61.81g (22.48%), Sugar: 10.73g (11.93%), Cholesterol: 80.3mg (26.77%), Sodium: 1084.09mg (47.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.66%), Calcium: 424.91mg (42.49%), Phosphorus: 316.89mg (31.69%), Vitamin B1: 0.47mg (31.32%), Selenium: 21.23µg (30.33%), Iron: 3.85mg (21.38%), Vitamin B2: 0.34mg (20.16%), Zinc: 2.77mg (18.49%), Vitamin B6: 0.35mg (17.42%), Vitamin B3: 3.21mg (16.03%), Vitamin C: 11.01mg (13.34%), Vitamin B12: 0.77µg (12.76%), Fiber: 2.52g (10.1%), Potassium: 345.26mg (9.86%), Vitamin A: 483.98IU (9.68%), Magnesium: 33.87mg (8.47%), Vitamin B5: 0.61mg (6.12%), Folate: 21.51µg (5.38%), Manganese: 0.08mg (4.22%), Vitamin E: 0.59mg (3.96%), Copper: 0.07mg (3.67%), Vitamin K: 3.54µg (3.37%), Vitamin D: 0.25µg (1.69%)