



BBQ Pork Pizza

READY IN



22 min.

SERVINGS



22

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup & spicy barbecue sauce thick divided kraft
- 1 cup milk natural colby & monterey jack cheese 2% kraft
- 0.5 cup slivered onions red divided
- 1 ready-to-use baked pizza crust
- 11.5 oz oscar mayer carving board hickory seasoned pulled pork smoked

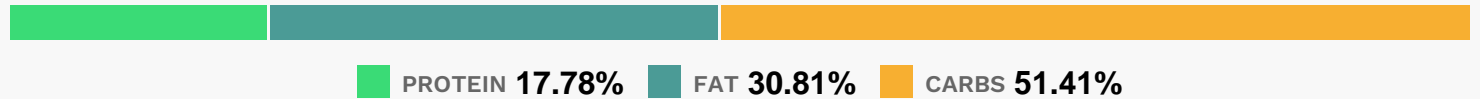
Equipment

- oven

Directions

- Heat oven to 425F.
- Spread pizza crust with 1/4 cup barbecue sauce.
- Combine meat, remaining barbecue sauce and 1/4 cup onions; spread onto crust. Top with cheese and remaining onions.
- Bake 10 to 12 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:1.23, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.2465217398561%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 112.78kcal (5.64%), Fat: 3.87g (5.95%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 14.13g (5.14%), Sugar: 4.77g (5.3%), Cholesterol: 12.07mg (4.02%), Sodium: 287.11mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Calcium: 67.85mg (6.79%), Iron: 0.72mg (3.99%), Phosphorus: 29.77mg (2.98%), Vitamin A: 96.5IU (1.93%), Vitamin B2: 0.03mg (1.6%), Fiber: 0.39g (1.57%), Selenium: 0.97µg (1.39%), Zinc: 0.2mg (1.34%)