

## BBQ Pork Pizza

READY IN



28 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup dill pickle
- 18 ounce barbequed pulled pork
- 0.3 onion red thinly sliced
- 13.8 ounce pizza dough refrigerated
- 2 cups mozzarella cheese shredded

### Equipment

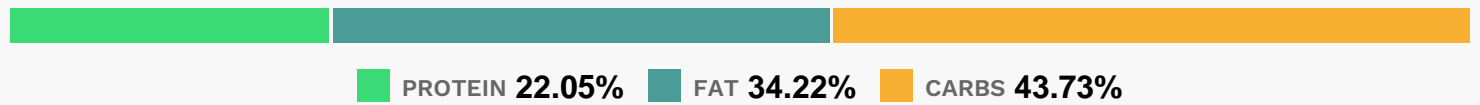
- frying pan
- oven

baking pan

## Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking pan.
- Roll the dough out into the prepared pan. Top the dough with the barbecued pork.
- Sprinkle with the red onions, and layer on the dill pickle slices.
- Sprinkle mozzarella cheese evenly over the top.
- Bake in the preheated oven until crust is golden and cheese is melted, about 18 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:7.770869480527%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 649.51kcal (32.48%), Fat: 24.93g (38.36%), Saturated Fat: 11.09g (69.34%), Carbohydrates: 71.69g (23.9%), Net Carbohydrates: 69.92g (25.43%), Sugar: 25.75g (28.61%), Cholesterol: 99.1mg (33.03%), Sodium: 1963.3mg (85.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.31%), Calcium: 357.82mg (35.78%), Iron: 4.09mg (22.73%), Vitamin B12: 1.28µg (21.28%), Phosphorus: 203.09mg (20.31%), Selenium: 9.55µg (13.65%), Vitamin A: 602.77IU (12.06%), Zinc: 1.67mg (11.11%), Vitamin B2: 0.17mg (10.03%), Fiber: 1.76g (7.05%), Vitamin K: 4.32µg (4.11%), Vitamin C: 3.18mg (3.86%), Magnesium: 13.14mg (3.28%), Potassium: 72.62mg (2.07%), Vitamin B1: 0.03mg (1.89%), Vitamin B6: 0.04mg (1.75%), Manganese: 0.03mg (1.7%), Folate: 6.66µg (1.66%), Vitamin D: 0.22µg (1.49%)