



BBQ Pulled Pork Pizza

 Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



1380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons barbeque sauce
- 1 teaspoon chipotle chili powder
- 1 serving salt and ground pepper black to taste
- 0.1 cup onion sliced
- 14 ounce pre-baked pizza crust
- 0.5 cup barbequed pulled pork prepared
- 0.1 cup bell pepper red sliced

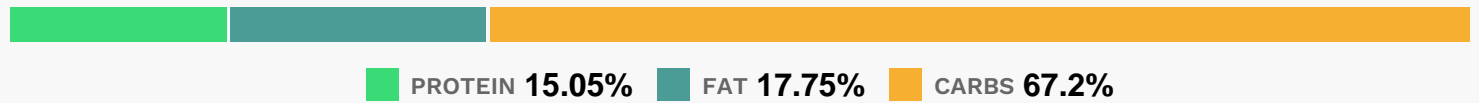
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Place the pizza crust onto a baking sheet.
- In a bowl, mix the barbeque sauce with chipotle chili powder; season with salt and black pepper.
- Spread the sauce over the pizza crust.
- Arrange pulled pork, sliced onion, and red bell pepper slices evenly over the pizza.
- Bake in the preheated oven until the toppings are hot and the pizza crust is crisp on the bottom, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:11.515652221182%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 1380.18kcal (69.01%), Fat: 27.23g (41.89%), Saturated Fat: 11.84g (74%), Carbohydrates: 231.89g (77.3%), Net Carbohydrates: 224.13g (81.5%), Sugar: 36.62g (40.69%), Cholesterol: 50.87mg (16.96%), Sodium: 3204.62mg (139.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.93g (103.86%), Iron: 12.56mg (69.79%), Calcium: 444.42mg (44.44%), Vitamin C: 27.67mg (33.54%), Fiber: 7.76g (31.04%), Vitamin A: 1432.94IU (28.66%), Vitamin E: 1.34mg (8.95%), Vitamin B6: 0.15mg (7.33%), Manganese: 0.14mg (6.88%), Potassium: 190.03mg (5.43%), Vitamin K: 3.9µg (3.71%), Vitamin B2: 0.06mg (3.52%), Folate: 13.64µg (3.41%), Vitamin B3: 0.65mg (3.24%), Magnesium: 11.94mg (2.98%), Copper: 0.06mg (2.87%), Phosphorus: 23.8mg (2.38%), Vitamin B1: 0.03mg (2.16%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.23mg (1.52%), Selenium: 0.99µg (1.41%)