



Buffalo Chicken Beer Bread Pizza

READY IN



75 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups flour all-purpose
- 1 tablespoon sugar
- 1 package yeast dry
- 1 teaspoon double-acting baking powder
- 1 teaspoon coarse salt (kosher or sea)
- 0.8 cup lager such as a boston lager, warmed to 105°f
- 2 tablespoons olive oil
- 0.3 cup sauce of the chicken from the turbo broiler
- 2 tablespoons lager such as a boston lager

- 1 tablespoon butter melted
- 1.5 cups roasted chicken cooked chopped
- 4 oz mozzarella cheese shredded
- 4 oz provolone cheese shredded
- 0.3 cup cheese blue crumbled
- 2 tablespoons spring onion sliced (2 medium)

Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 450°F. In medium bowl, mix 1 cup of the flour, the sugar, yeast, baking powder and salt. Stir in 3/4 cup beer and the oil. Beat with electric mixer on low speed 30 seconds, then on High speed 1 minute. Stir in remaining 1 cup flour to make a soft dough.
- On lightly floured surface, knead dough until smooth and elastic, about 5 minutes. Cover; let rest 30 minutes.
- Spray large cookie sheet with cooking spray. On cookie sheet, press dough into 14x10-inch rectangle; prick with fork.
- Bake about 10 minutes or until edges just begin to turn brown.
- While crust is baking, in medium bowl, mix wing sauce, 2 tablespoons beer and the melted butter.
- Add chicken, and toss to coat.
- Remove crust from oven. In small bowl, mix shredded mozzarella and provolone cheeses.
- Sprinkle crust with 1 cup of the cheese mixture. Top with chicken mixture; sprinkle with remaining 1 cup cheese mixture and the blue cheese. Return to oven; bake 8 to 10 minutes or until cheese is melted and crust is deep golden brown.
- Sprinkle with green onions.

Nutrition Facts

PROTEIN 22.58% FAT 43.32% CARBS 34.1%

Properties

Glycemic Index:80.18, Glycemic Load:25.36, Inflammation Score:-6, Nutrition Score:15.589565229157%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 444.93kcal (22.25%), Fat: 20.79g (31.99%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 35.33g (12.85%), Sugar: 2.49g (2.77%), Cholesterol: 64.86mg (21.62%), Sodium: 1151.49mg (50.06%), Alcohol: 1.35g (100%), Alcohol %: 0.95% (100%), Protein: 24.38g (48.76%), Selenium: 30.12µg (43.04%), Calcium: 331.58mg (33.16%), Phosphorus: 330.04mg (33%), Vitamin B1: 0.49mg (32.77%), Vitamin B3: 6mg (30.01%), Folate: 114.63µg (28.66%), Vitamin B2: 0.46mg (26.95%), Manganese: 0.31mg (15.46%), Zinc: 2.29mg (15.28%), Vitamin B12: 0.91µg (15.19%), Iron: 2.73mg (15.15%), Vitamin B6: 0.23mg (11.49%), Vitamin B5: 0.94mg (9.45%), Vitamin A: 443.9IU (8.88%), Vitamin K: 8.27µg (7.88%), Magnesium: 30.65mg (7.66%), Potassium: 211.22mg (6.03%), Fiber: 1.49g (5.97%), Vitamin E: 0.86mg (5.74%), Copper: 0.1mg (4.95%), Vitamin D: 0.21µg (1.38%)