



Buffalo Chicken Beer Bread Pizza

READY IN



75 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package yeast dry
- 1 teaspoon double-acting baking powder
- 2 tablespoons beer such as a boston lager
- 0.3 cup cheese blue crumbled
- 0.3 cup sauce of the chicken from the turbo broiler
- 1 tablespoon butter melted
- 1 teaspoon coarse salt (kosher or sea)
- 1.5 cups roasted chicken cooked chopped
- 2 cups flour all-purpose gold medal®

- 2 tablespoons spring onion sliced (2 medium)
- 2 tablespoons olive oil
- 4 oz provolone cheese shredded
- 4 oz mozzarella cheese shredded
- 1 tablespoon sugar

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 22.7% ■ FAT 43.8% ■ CARBS 33.5%

Properties

Glycemic Index:73.43, Glycemic Load:24.94, Inflammation Score:-6, Nutrition Score:15.401739051808%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 432.25kcal (21.61%), Fat: 20.79g (31.99%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 34.28g (12.47%), Sugar: 2.49g (2.77%), Cholesterol: 64.86mg (21.62%), Sodium: 1150.31mg (50.01%), Alcohol: 0.19g (100%), Alcohol %: 0.16% (100%), Protein: 24.24g (48.48%), Selenium: 29.95µg (42.78%), Calcium: 330.4mg (33.04%), Vitamin B1: 0.49mg (32.67%), Phosphorus: 325.91mg (32.59%), Vitamin B3: 5.85mg (29.25%), Folate: 112.86µg (28.22%), Vitamin B2: 0.45mg (26.52%), Manganese: 0.31mg (15.34%), Zinc: 2.29mg (15.27%), Iron: 2.72mg (15.12%), Vitamin B12: 0.91µg (15.09%), Vitamin B6: 0.22mg (10.81%), Vitamin B5: 0.93mg (9.33%), Vitamin A: 443.9IU (8.88%), Vitamin K: 8.27µg (7.88%), Magnesium: 28.88mg (7.22%), Fiber: 1.49g (5.97%), Potassium: 203.25mg (5.81%), Vitamin E: 0.86mg (5.74%), Copper: 0.1mg (4.87%), Vitamin D: 0.21µg (1.38%)