



Buffalo Chicken Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cheese dressing blue
- 1 cup buffalo wing sauce plus 2 tablespoons
- 1 cup celery diced (2 stalks)
- 1 pound chicken tenderloins cut into small strips
- 1 cup onions red sliced (1 small onion)
- 13.8 ounce pizza dough refrigerated canned
- 2 cups mozzarella cheese shredded

Equipment

- bowl
- baking sheet
- oven
- grill

Directions

- Watch how to make this recipe.
- Set up grill for direct cooking over medium heat, and oil grill grate when ready to start cooking.
- Place chicken strips in large bowl with 1 cup buffalo wing sauce and toss to coat chicken.
- Grill the chicken strips about 3 to 4 minutes per side
- While chicken is grilling carefully remove pizza dough from can. Unroll dough onto a flat surface. Spray both sides of the dough with nonstick cooking spray.
- Place the dough on the grill and let cook for 2 to 3 minutes per side. Carefully watch the crust, it can burn quickly.
- Spread the blue cheese dressing over pizza leaving a 1-inch border. Next, top with mozzarella cheese, red onion, celery, and chicken strips, and drizzle with 2 tablespoons of buffalo wing sauce.
- Cover with grill lid and cook 8 to 10 minutes until cheese is melted and bubbly.
- Serve hot.
- Indoors: Preheat oven to 425 degrees F. Lightly spray baking sheet with cooking spray and set aside. Carefully unroll dough and place on prepared baking sheet. Press out dough with clean hands to form 13 by 9-inch rectangle.
- Place baking sheet in preheated oven.
- Bake for 7 minutes or until crust just begins to brown.
- Remove crust from oven and top as directed. Return to oven for 8 to 10 minutes or until golden brown and cheese is melted.

Nutrition Facts



PROTEIN 31.09% **FAT 33.66%** **CARBS 35.25%**

Properties

Glycemic Index:21.5, Glycemic Load:1.27, Inflammation Score:-6, Nutrition Score:20.20565205035%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 618.05kcal (30.9%), Fat: 22.98g (35.35%), Saturated Fat: 10.37g (64.81%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 51.59g (18.76%), Sugar: 10.4g (11.56%), Cholesterol: 117.43mg (39.14%), Sodium: 3626.34mg (157.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.76g (95.52%), Selenium: 47.09µg (67.27%), Vitamin B3: 12.04mg (60.22%), Phosphorus: 504.87mg (50.49%), Vitamin B6: 0.95mg (47.45%), Calcium: 362.28mg (36.23%), Vitamin B12: 1.64µg (27.41%), Vitamin B2: 0.36mg (21.08%), Iron: 3.75mg (20.82%), Vitamin B5: 1.81mg (18.06%), Zinc: 2.55mg (16.98%), Potassium: 589.25mg (16.84%), Magnesium: 51.75mg (12.94%), Vitamin K: 12.38µg (11.79%), Vitamin A: 528.59IU (10.57%), Fiber: 2.55g (10.2%), Vitamin B1: 0.13mg (8.36%), Folate: 26.98µg (6.75%), Vitamin C: 5.29mg (6.41%), Manganese: 0.11mg (5.57%), Vitamin E: 0.55mg (3.67%), Copper: 0.07mg (3.37%), Vitamin D: 0.34µg (2.25%)