



WHATSheATE



Buffalo Chicken Pizza

READY IN



20 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz uncook pizza crust whole wheat ready-to-serve
- ☐ 0.3 cup ranch dressing fat-free
- ☐ 0.3 cup celery finely chopped
- ☐ 1 cup chicken breast strips/pre-cooked/chopped cooked
- ☐ 3 tablespoons sauce of the chicken from the turbo broiler
- ☐ 0.8 cup bell pepper green red
- ☐ 3 oz mozzarella cheese shredded reduced-fat
- ☐ 1 tablespoon cheese blue crumbled

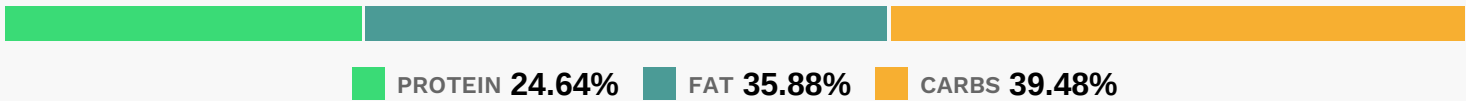
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. On large cookie sheet, place pizza crust.
- ☐ Spread ranch dressing over crust.
- ☐ Sprinkle with celery.
- ☐ In small bowl, stir together chicken and wing sauce; arrange over crust. Top with bell peppers and cheeses.
- ☐ Bake 10 minutes or until mozzarella is melted and just beginning to brown. To serve, cut into wedges.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:6.8130434310955%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 254.79kcal (12.74%), Fat: 10.06g (15.47%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 23.81g (8.66%), Sugar: 1.85g (2.06%), Cholesterol: 32.38mg (10.79%), Sodium: 692.96mg (30.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.09%), Vitamin C: 15.1mg (18.31%), Calcium: 169.8mg (16.98%), Vitamin B3: 3.33mg (16.67%), Vitamin K: 16.34µg (15.56%), Phosphorus: 146.68mg (14.67%), Selenium: 9.02µg (12.88%), Vitamin B6: 0.2mg (9.98%), Iron: 1.66mg (9.25%), Vitamin B2: 0.09mg (5.31%), Zinc: 0.7mg (4.68%), Fiber: 1.1g (4.39%), Vitamin B12: 0.23µg (3.78%), Vitamin B5: 0.37mg (3.65%), Potassium: 124.56mg (3.56%), Vitamin A: 173.59IU (3.47%), Magnesium: 13.12mg (3.28%), Vitamin E: 0.39mg (2.59%), Vitamin B1: 0.03mg

(2.15%), Manganese: 0.04mg (1.84%), Folate: 6.41µg (1.6%), Copper: 0.03mg (1.56%)