



WHATSheATE



## Buffalo Chicken Pizza

READY IN



20 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.5 cup hot sauce buffalo-style
- ☐ 16 oz prebaked pizza crust italian
- ☐ 4 oz provolone cheese shredded
- ☐ 2 cups deli-roasted chicken whole chopped

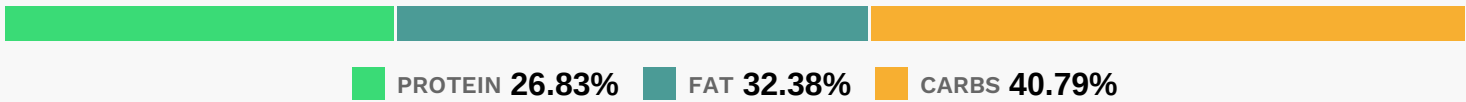
## Equipment

- ☐ oven
- ☐ grill

# Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 (medium heat).
- ☐ Spread hot sauce over crust, and layer with next 3 ingredients.
- ☐ Place crust directly on cooking grate. Grill, covered with grill lid, at 350 (medium heat) 4 minutes. Rotate pizza one-quarter turn, and grill, covered with grill lid, 5 to 6 more minutes or until thoroughly heated.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Boboli prebaked pizza crust.
- ☐ Oven-
- ☐ Baked Buffalo Chicken Pizza: Assemble pizza as directed, and bake according to package directions for pizza crust.

# Nutrition Facts



# Properties

Glycemic Index:13.5, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:12.786087080188%

# Nutrients (% of daily need)

Calories: 558.75kcal (27.94%), Fat: 19.86g (30.56%), Saturated Fat: 10.28g (64.26%), Carbohydrates: 56.3g (18.77%), Net Carbohydrates: 54.5g (19.82%), Sugar: 2.29g (2.55%), Cholesterol: 78.39mg (26.13%), Sodium: 1749.88mg (76.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.03g (74.06%), Calcium: 372.75mg (37.28%), Selenium: 22.55µg (32.22%), Phosphorus: 310.97mg (31.1%), Vitamin B3: 5.72mg (28.62%), Vitamin C: 22.44mg (27.2%), Iron: 4.25mg (23.61%), Vitamin B6: 0.37mg (18.44%), Zinc: 2.24mg (14.91%), Vitamin B2: 0.25mg (14.75%), Vitamin B12: 0.72µg (12%), Vitamin B5: 0.99mg (9.94%), Vitamin A: 391.15IU (7.82%), Potassium: 264.22mg (7.55%), Fiber: 1.8g (7.21%), Magnesium: 26.08mg (6.52%), Vitamin B1: 0.06mg (4.14%), Copper: 0.06mg (2.95%), Folate: 11.17µg (2.79%), Manganese: 0.03mg (1.51%), Vitamin K: 1.55µg (1.47%), Vitamin D: 0.18µg (1.23%)