



Buffalo Wing Pizza (Team Guy)

READY IN



30 min.

SERVINGS



12

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cheese dressing blue
- 2 packages chicken nuggets prepared pre-cooked
- 0.5 cup hot sauce
- 8 ounce monterrey jack cheese shredded
- 0.3 cup olive oil
- 0.5 cup ranch dressing
- 32 inch pizza shells
- 8 ounce mozzarella cheese shredded
- 2 large onions white sliced

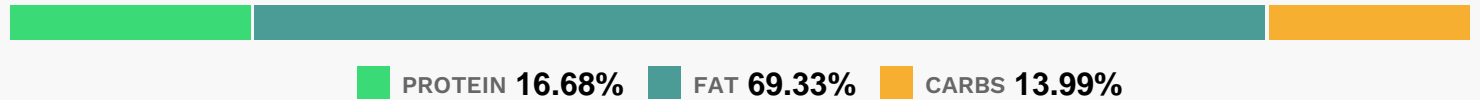
Equipment

- frying pan
- oven

Directions

- Heat 2 tablespoons of the olive oil in a fry pan over medium heat, reserving the balance. Cook the onions until they caramelize.
- Preheat oven to 400 degrees F.
- Spread 1 tablespoon of the remaining olive oil over each of the 2 pizza shells. Spoon 1/4 cup of the hot sauce over each of the pizza shells.
- Lay out 1 package of chicken nuggets on each pizza shell. Distribute the caramelized onions over the 2 pizzas.
- Sprinkle the Monterey jack cheese and mozzarella cheese over the pizzas.
- Drizzle ranch and blue cheese dressings over the pizza toppings and bake for 10 minutes or until cheese is melted and chicken is heated through.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:2.7, Inflammation Score:-4, Nutrition Score:7.1982608256133%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 256.59kcal (12.83%), Fat: 19.81g (30.48%), Saturated Fat: 7.71g (48.21%), Carbohydrates: 9g (3%), Net Carbohydrates: 8.32g (3.03%), Sugar: 2.41g (2.68%), Cholesterol: 34.58mg (11.53%), Sodium: 683.78mg (29.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Calcium: 256.36mg (25.64%), Phosphorus:

199.36mg (19.94%), Vitamin K: 17.91µg (17.06%), Selenium: 10.91µg (15.59%), Vitamin C: 9.36mg (11.35%), Vitamin B12: 0.63µg (10.48%), Vitamin B2: 0.17mg (9.73%), Zinc: 1.31mg (8.75%), Vitamin E: 1mg (6.7%), Vitamin A: 293.98IU (5.88%), Manganese: 0.11mg (5.56%), Magnesium: 16.72mg (4.18%), Vitamin B6: 0.08mg (4.15%), Folate: 12.01µg (3%), Potassium: 103.01mg (2.94%), Iron: 0.52mg (2.87%), Fiber: 0.67g (2.69%), Vitamin B1: 0.03mg (2.22%), Vitamin B5: 0.22mg (2.19%), Copper: 0.04mg (2.16%), Vitamin D: 0.2µg (1.33%), Vitamin B3: 0.23mg (1.15%)