



California-Style Barbecue Chicken Pizza

READY IN



33 min.

SERVINGS



33

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 1.5 cups triple cheddar cheese shredded with a touch of philadelphia kraft
- 1 bell pepper green cut into thin strips
- 1 ready-to-use baked pizza crust
- 0.3 cup onion red thin
- 0.8 lb chicken breasts boneless skinless cut into thin strips

Equipment

- frying pan

oven

Directions

- Heat oven to 400F.
- Cook chicken and vegetables in large skillet sprayed with cooking spray on medium-high heat 5 min. or until chicken is done, stirring frequently.
- Spread pizza crust with barbecue sauce; top with chicken mixture and cheese.
- Place crust directly on middle oven rack.
- Bake 15 to 18 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.1204347558644%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 71.61kcal (3.58%), Fat: 2.58g (3.97%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 7.11g (2.59%), Sugar: 1.3g (1.44%), Cholesterol: 11.73mg (3.91%), Sodium: 139.1mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Selenium: 4.8µg (6.85%), Vitamin B3: 1.11mg (5.57%), Calcium: 49.33mg (4.93%), Phosphorus: 46.82mg (4.68%), Vitamin B6: 0.09mg (4.62%), Vitamin C: 3.13mg (3.79%), Iron: 0.41mg (2.26%), Vitamin B2: 0.04mg (2.11%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.26mg (1.73%), Potassium: 56.88mg (1.63%), Vitamin A: 74.4IU (1.49%), Vitamin B12: 0.08µg (1.25%), Magnesium: 4.92mg (1.23%), Fiber: 0.29g (1.16%)