



California-Style Barbecue Chicken Pizza from Kraft

READY IN



30 min.

SERVINGS



2

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bull's-eye bold original barbecue sauce divided
- ☐ 1 bell pepper green cut into thin strips
- ☐ 0.3 cup onion strips red thin
- ☐ 1.5 cups cheese pizza cheese shredded kraft
- ☐ 12 inch your favourite pizza dough thin
- ☐ 0.8 pound chicken breasts boneless skinless cut into thin strips

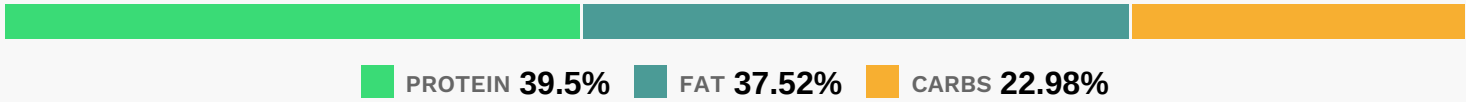
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ Cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 4 to 5 min. or until done. Stir in 1 tablespoon barbecue sauce.
- ☐ Spread pizza crust with remaining barbecue sauce; top with chicken, vegetables and cheese.
- ☐ Place crust directly on middle oven rack.
- ☐ Bake 8 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:30.241739542588%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 585.29kcal (29.26%), Fat: 24.07g (37.04%), Saturated Fat: 12.19g (76.21%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 31.18g (11.34%), Sugar: 19.91g (22.12%), Cholesterol: 175.22mg (58.41%), Sodium: 1327.73mg (57.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.03g (114.06%), Selenium: 69.43µg (99.19%), Vitamin B3: 18.42mg (92.11%), Vitamin B6: 1.5mg (74.91%), Phosphorus: 681.8mg (68.18%), Vitamin C: 51.65mg (62.6%), Calcium: 458.98mg (45.9%), Vitamin B12: 2.26µg (37.59%), Vitamin B5: 2.7mg (27.04%), Vitamin B2: 0.46mg (26.86%), Potassium: 937.11mg (26.77%), Zinc: 3.63mg (24.21%), Vitamin A: 946.19IU (18.92%), Magnesium: 75.17mg (18.79%), Vitamin B1: 0.19mg (12.54%), Iron: 1.96mg (10.89%), Manganese: 0.21mg (10.46%), Fiber: 2.01g (8.04%), Vitamin E: 1.09mg (7.26%), Vitamin K: 7.61µg (7.25%), Copper: 0.14mg (6.83%), Folate: 23.39µg (5.85%), Vitamin D: 0.51µg (3.37%)