



Carolina BBQ Chicken Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup barbecue sauce carolina-style
- 1 oz cheese blue crumbled
- 0.3 cup cilantro leaves fresh chopped
- 2 oz mozzarella cheese shredded reduced-fat
- 0.3 cup part-skim ricotta
- 13.8 oz uncook pizza crust whole refrigerated with grain* canned
- 0.3 cup onion red sliced
- 2.5 cups chicken shredded cooked

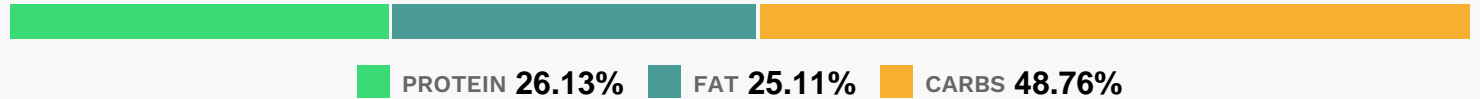
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 400F. Grease large cookie sheet. Unroll dough on cookie sheet; starting in center, press dough into 14x12-inch rectangle.
- Bake 8 minutes.
- Meanwhile, in small bowl, mix 1/4 cup of the barbecue sauce and the ricotta cheese; set aside. In medium bowl, toss shredded chicken with remaining 1/2 cup barbecue sauce.
- Spread ricotta mixture evenly over partially baked crust. Top with chicken, onion, mozzarella cheese and blue cheese.
- Bake 8 to 10 minutes or until cheese is melted and edges of crust are golden brown.
- Sprinkle with cilantro. To serve, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:13.356521557207%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 600.2kcal (30.01%), Fat: 16.52g (25.42%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 72.2g (24.07%), Net Carbohydrates: 69.98g (25.45%), Sugar: 20.11g (22.35%), Cholesterol: 86.42mg (28.81%), Sodium: 1332.7mg (57.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.69g (77.38%), Selenium: 28.82µg (41.17%), Vitamin B3: 7.35mg (36.73%), Calcium: 325.32mg (32.53%), Phosphorus: 313.95mg (31.39%), Iron: 4.25mg (23.62%), Vitamin B6: 0.44mg (22.11%), Vitamin B2: 0.27mg (16.01%), Zinc: 2.31mg (15.37%), Potassium: 405.35mg (11.58%),

Vitamin B5: 1.14mg (11.44%), Fiber: 2.21g (8.86%), Magnesium: 34.93mg (8.73%), Vitamin B12: 0.52µg (8.61%),
Vitamin A: 425.36IU (8.51%), Vitamin B1: 0.08mg (5.49%), Copper: 0.11mg (5.47%), Manganese: 0.11mg (5.4%),
Vitamin K: 4.66µg (4.44%), Folate: 15.11µg (3.78%), Vitamin E: 0.51mg (3.39%), Vitamin C: 1.58mg (1.91%)