



Chicken & Cheddar Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup ready-made barbecue sauce
- 8 servings base
- 1 pound dough fresh
- 0.5 cup cilantro leaves fresh chopped
- 0.5 cup onion red sliced
- 0.5 cup roasted chicken breast sliced
- 0.5 cup cheddar cheese shredded
- 8 servings toppings
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Equipment

oven

Directions

- Roll dough into a 14-inch base
- Add ingredients to dough base
- Bake according to package directions
- Cut into 8 slices each

Nutrition Facts



PROTEIN 14.39% **FAT 23.03%** **CARBS 62.58%**

Properties

Glycemic Index:15.5, Glycemic Load:11.18, Inflammation Score:-4, Nutrition Score:8.00869551301%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 249.46kcal (12.47%), Fat: 6.28g (9.67%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 36.98g (13.45%), Sugar: 6.64g (7.38%), Cholesterol: 14.54mg (4.85%), Sodium: 751.49mg (32.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.67%), Selenium: 18.19µg (25.99%), Vitamin B1: 0.33mg (21.75%), Vitamin B3: 3.68mg (18.38%), Manganese: 0.32mg (15.78%), Vitamin B2: 0.25mg (14.78%), Folate: 54.93µg (13.73%), Iron: 2.1mg (11.65%), Phosphorus: 104.03mg (10.4%), Calcium: 66.95mg (6.7%), Fiber: 1.44g (5.74%), Vitamin B6: 0.1mg (5.16%), Vitamin K: 5.07µg (4.83%), Zinc: 0.68mg (4.53%), Magnesium: 17.03mg (4.26%), Copper: 0.08mg (4.15%), Potassium: 135.11mg (3.86%), Vitamin A: 180.33IU (3.61%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.29mg (1.95%), Vitamin B12: 0.11µg (1.91%), Vitamin C: 1.12mg (1.35%)