



Cowboy BBQ Chicken Pizza

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cream sour
- 0.3 cup water hot
- 18 oz barbecue sauce shredded refrigerated with chicken
- 0.3 cup bacon cooked chopped (4 slices from 2.2-oz package)
- 6 oz monterrey jack cheese shredded
- 2 cups frangelico

Equipment

- bowl

baking sheet

oven

Directions

Heat oven to 400°F. In medium bowl, stir Bisquick mix, sour cream and hot water with fork until soft dough forms.

Place on surface dusted with Bisquick mix. Shape into a ball; knead 5 times.

Roll dough into 14-inch circle; fold circle in half.

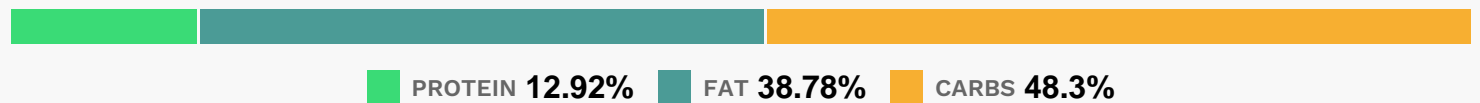
Place on ungreased large cookie sheet and unfold.

Spread chicken mixture over dough to within 2 inches of edge. Fold edge just to chicken mixture. Top with half of the bacon.

Sprinkle with cheese and remaining bacon.

Bake 20 to 25 minutes or until crust is light golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:4.7226087269576%

Nutrients (% of daily need)

Calories: 219.78kcal (10.99%), Fat: 9.48g (14.58%), Saturated Fat: 5.24g (32.75%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 25.99g (9.45%), Sugar: 21.53g (23.92%), Cholesterol: 26.66mg (8.89%), Sodium: 846.5mg (36.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.21%), Calcium: 187.53mg (18.75%), Phosphorus: 126.32mg (12.63%), Selenium: 5.97µg (8.53%), Vitamin B2: 0.14mg (8.17%), Vitamin A: 352.47IU (7.05%), Zinc: 0.88mg (5.86%), Potassium: 191.81mg (5.48%), Vitamin B6: 0.09mg (4.32%), Manganese: 0.08mg (4.21%), Vitamin E: 0.61mg (4.05%), Magnesium: 15.92mg (3.98%), Vitamin B3: 0.78mg (3.89%), Vitamin B12: 0.23µg (3.83%), Iron: 0.6mg (3.33%), Copper: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.6%), Fiber: 0.57g (2.3%), Vitamin B5: 0.21mg (2.13%), Vitamin K: 1.79µg (1.7%), Folate: 5.53µg (1.38%)