



Cowboy BBQ Chicken Pizza

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

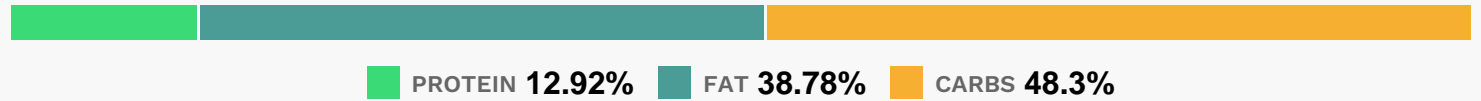
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 400F. 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%)