



Cowboy BBQ Chicken Pizza

READY IN



35 min.

SERVINGS



8

CALORIES



348 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 baking mix original bisquick®

Equipment

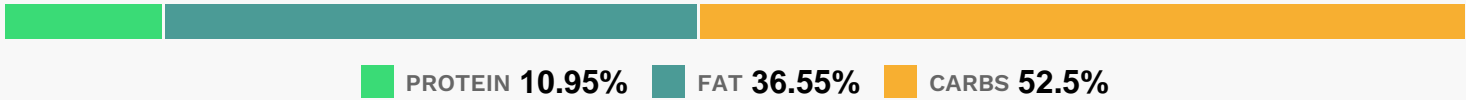
- ☐ bowl

- ☐ 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:-4, Nutrition Score:8.5726088155871%

Nutrients (% of daily need)

Calories: 348.18kcal (17.41%), Fat: 14.1g (21.69%), Saturated Fat: 6.43g (40.18%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 44.35g (16.13%), Sugar: 25.02g (27.8%), Cholesterol: 27.26mg (9.09%), Sodium: 1229.3mg (53.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Phosphorus: 301.83mg (30.18%), Calcium: 241.23mg (24.12%), Vitamin B2: 0.27mg (15.88%), Vitamin B1: 0.21mg (14.1%), Selenium: 8.22µg (11.74%), Folate: 43.03µg (10.76%), Vitamin B3: 2.14mg (10.7%), Manganese: 0.19mg (9.31%), Iron: 1.43mg (7.95%), Vitamin A: 353.67IU (7.07%), Zinc: 1.06mg (7.06%), Potassium: 240.71mg (6.88%), Magnesium: 23.42mg (5.86%), Vitamin B12: 0.35µg (5.78%), Vitamin B6: 0.11mg (5.46%), Copper: 0.11mg (5.26%), Fiber: 1.2g (4.82%), Vitamin B5: 0.48mg (4.78%), Vitamin E: 0.65mg (4.31%), Vitamin K: 3.74µg (3.56%)