



## Feta-BBQ Chicken Pizza

READY IN



22 min.

SERVINGS



22

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup original barbecue sauce kraft
- 6 oz oscar mayer carving board flame grilled chicken breast strips coarsely chopped
- 4 oz athenos feta cheese crumbled traditional
- 1 ready-to-use baked pizza crust
- 1 small onion red separated halved sliced
- 1 cup mozzarella cheese shredded divided kraft

### Equipment

- baking sheet

oven

## Directions

Heat oven to 450F.

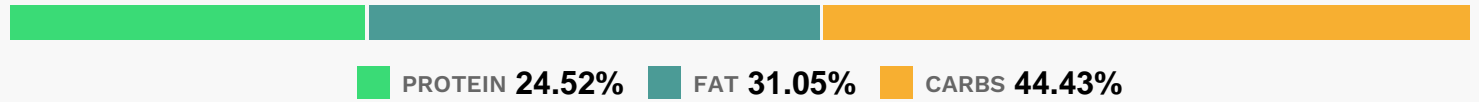
Place pizza crust on baking sheet; sprinkle with 1/2 cup mozzarella.

Toss chicken with barbecue sauce; spoon onto crust. Top with feta, onions and remaining mozzarella.

Bake 10 to 12 min. or until mozzarella is melted and crust is golden brown.

Let stand 5 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:3.68, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.3243478368158%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 98.37kcal (4.92%), Fat: 3.36g (5.18%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 10.44g (3.8%), Sugar: 1.62g (1.79%), Cholesterol: 15.18mg (5.06%), Sodium: 225.53mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.95%), Calcium: 70.86mg (7.09%), Vitamin B3: 1.14mg (5.71%), Phosphorus: 55.12mg (5.51%), Selenium: 3.84µg (5.49%), Vitamin B2: 0.07mg (4.11%), Vitamin B6: 0.08mg (3.93%), Vitamin B12: 0.23µg (3.82%), Iron: 0.66mg (3.65%), Zinc: 0.39mg (2.59%), Fiber: 0.39g (1.54%), Vitamin B5: 0.14mg (1.43%), Vitamin A: 65.17IU (1.3%), Magnesium: 5.16mg (1.29%), Vitamin B1: 0.02mg (1.19%), Potassium: 41.7mg (1.19%)