



WHAT'SHEATE



Gluten-Free Barbecue Chicken Mini Pizzas

READY IN



30 min.

SERVINGS



6

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barbecue sauce gluten-free
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 container pizza dough gluten free refrigerated
- ☐ 2 cups roasted chicken diced shredded cooked

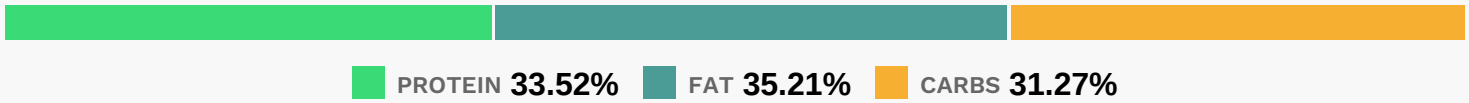
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400F. Grease 2 cookie sheets and hands. Divide dough into 6 pieces; press each into 6-inch round.
- ☐ Place 3 rounds on each cookie sheet.
- ☐ Bake 8 minutes. In bowl, mix chicken and barbecue sauce. Top crusts with chicken mixture and cheese.
- ☐ Bake 6 to 9 minutes longer or until crusts are deep golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:6.3817390929098%

Nutrients (% of daily need)

Calories: 196.53kcal (9.83%), Fat: 7.55g (11.61%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 14.76g (5.37%), Sugar: 12.07g (13.42%), Cholesterol: 49.93mg (16.64%), Sodium: 522.93mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.33%), Selenium: 15.16µg (21.65%), Vitamin B3: 3.91mg (19.55%), Phosphorus: 163.65mg (16.37%), Calcium: 112.84mg (11.28%), Vitamin B6: 0.23mg (11.26%), Vitamin B12: 0.57µg (9.44%), Zinc: 1.32mg (8.81%), Vitamin B2: 0.14mg (8.36%), Potassium: 204.17mg (5.83%), Vitamin B5: 0.54mg (5.39%), Iron: 0.88mg (4.9%), Magnesium: 18.23mg (4.56%), Vitamin A: 226.98IU (4.54%), Manganese: 0.06mg (2.93%), Vitamin B1: 0.04mg (2.86%), Copper: 0.05mg (2.72%), Vitamin E: 0.32mg (2.15%), Fiber: 0.32g (1.3%), Folate: 4.37µg (1.09%), Vitamin K: 1.08µg (1.03%)