



Grilled Barbecue Chicken Pizza

READY IN



20 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 1 teaspoon chili powder
- 2 cups roasted chicken cubed cooked
- 0.3 cup bell pepper green chopped
- 8 oz monterrey jack cheese shredded
- 14 oz uncook pizza crust italian
- 0.3 cup onion red finely chopped

Equipment

bowl

grill

Directions

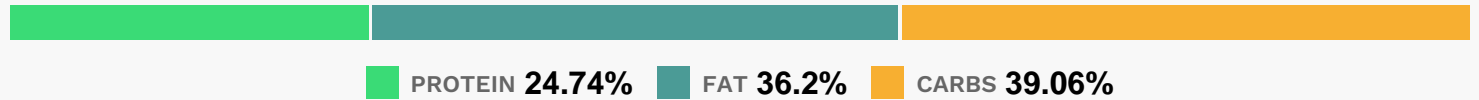
Heat gas or charcoal grill. In small bowl, combine chicken, barbecue sauce and chili powder; mix well.

Spread evenly on pizza crust.

Sprinkle with cheese, onion and bell pepper.

When grill is heated, place pizza directly on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 10 minutes or until bottom of pizza is crisp and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:7.5252174294513%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 333.88kcal (16.69%), Fat: 13.32g (20.5%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 31.18g (11.34%), Sugar: 7.17g (7.96%), Cholesterol: 51.48mg (17.16%), Sodium: 647.99mg (28.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.97%), Calcium: 269.12mg (26.91%), Phosphorus: 199.78mg (19.98%), Selenium: 13.03µg (18.61%), Vitamin B3: 2.95mg (14.74%), Iron: 2.16mg (12.01%), Vitamin B2: 0.18mg (10.41%), Vitamin B6: 0.2mg (10.05%), Zinc: 1.44mg (9.59%), Vitamin A: 363.85IU (7.28%), Vitamin B12: 0.34µg (5.61%), Vitamin C: 4.22mg (5.12%), Potassium: 164.91mg (4.71%), Magnesium: 18.67mg (4.67%), Fiber: 1.16g (4.64%), Vitamin B5: 0.44mg (4.42%), Copper: 0.05mg (2.47%), Manganese: 0.05mg (2.4%), Vitamin B1: 0.04mg (2.38%), Vitamin E: 0.33mg (2.2%), Folate: 8.7µg (2.17%), Vitamin K: 1.66µg (1.58%), Vitamin D: 0.17µg (1.13%)