



Grilled Barbecued-Chicken Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



2201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup barbecue sauce divided
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 ounces gouda cheese smoked shredded
- ☐ 0.3 cup green onions sliced
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 20 inch quick-and-easy pizza crusts
- ☐ 6 ounces roasted skinned chopped (such as Tyson)

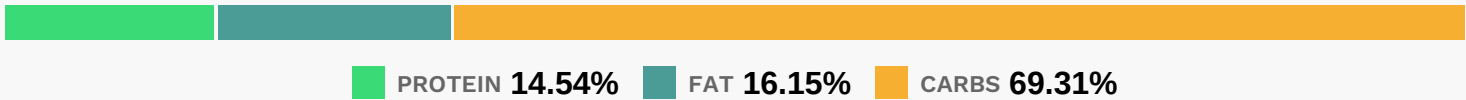
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine 1/4 cup barbecue sauce and chicken in a bowl. Toss well; set aside.
- ☐ Prepare grill.
- ☐ Place 1 crust on grill rack coated with cooking spray; grill 3 minutes or until puffy and golden. Turn crust, grill-mark side up; spread with 3 tablespoons barbecue sauce. Top with half of Gouda, chicken mixture, mozzarella, and green onions. Cover; grill 3 to 4 minutes or until cheese melts and crust is lightly browned.
- ☐ Sprinkle with half of cilantro. Repeat with remaining crust and toppings.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.12, Inflammation Score:1, Nutrition Score:15.499565127103%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 2200.6kcal (110.03%), Fat: 39.24g (60.37%), Saturated Fat: 19.9g (124.35%), Carbohydrates: 378.98g (126.33%), Net Carbohydrates: 367.19g (133.53%), Sugar: 22.34g (24.83%), Cholesterol: 34.96mg (11.65%), Sodium: 4491.99mg (195.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.49g (158.99%), Iron: 20.92mg (116.2%), Calcium: 840.18mg (84.02%), Fiber: 11.79g (47.15%), Selenium: 12.25µg (17.5%), Phosphorus: 163.1mg (16.31%), Vitamin B3: 3.19mg (15.96%), Vitamin B6: 0.25mg (12.69%), Vitamin K: 11.69µg (11.13%), Vitamin B2: 0.11mg (6.51%), Potassium: 212.96mg (6.08%), Zinc: 0.87mg (5.78%), Vitamin A: 264.87IU (5.3%), Vitamin B5: 0.5mg (5.03%), Vitamin B12: 0.28µg (4.66%), Magnesium: 17.42mg (4.36%), Manganese: 0.06mg (2.79%), Vitamin E: 0.38mg (2.56%), Vitamin B1: 0.03mg (2.18%), Copper: 0.04mg (2.06%), Folate: 7.68µg (1.92%), Vitamin C: 1.49mg (1.81%)