



Grilled BBQ Chicken Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup barbecue sauce
- ☐ 0.5 cup spring onion chopped
- ☐ 13.8 oz pizza dough refrigerated
- ☐ 8 oz mozzarella cheese shredded
- ☐ 2 chicken breast boneless skinless cooked cut into strips

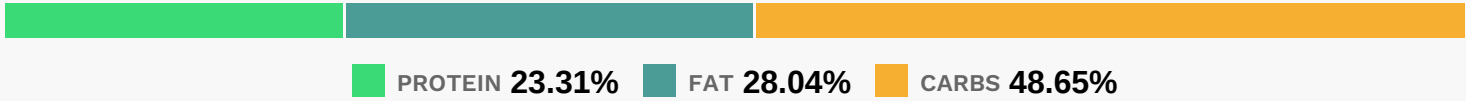
Equipment

- ☐ baking sheet
- ☐ grill

Directions

- ☐ Spray a baking sheet with no sides with non-stick vegetable spray; roll dough into a 16"x12" rectangle.
- ☐ Spread sauce over dough; arrange cooked chicken strips on top.
- ☐ Sprinkle with shredded cheese.
- ☐ Spray cold grill with non-stick vegetable spray; preheat grill to medium-low heat (275-325).
- ☐ Place baking sheet on grill; grill, covered, 3 minutes or until dough begins to set (no longer doughy). Slide dough onto grill and continue grilling, covered, 10 more minutes. Use baking sheet to remove pizza from grill; sprinkle with green onions. Slice into squares.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:14.74521731812%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 561.1kcal (28.05%), Fat: 17.49g (26.91%), Saturated Fat: 8.56g (53.47%), Carbohydrates: 68.26g (22.75%), Net Carbohydrates: 66.04g (24.01%), Sugar: 22.76g (25.29%), Cholesterol: 80.95mg (26.98%), Sodium: 1621.15mg (70.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.72g (65.43%), Selenium: 28.41µg (40.59%), Phosphorus: 333.52mg (33.35%), Vitamin B3: 6.3mg (31.51%), Calcium: 313.89mg (31.39%), Vitamin K: 28.15µg (26.81%), Vitamin B6: 0.49mg (24.38%), Vitamin B12: 1.41µg (23.43%), Iron: 3.59mg (19.94%), Vitamin B2: 0.25mg (14.92%), Zinc: 2.11mg (14.09%), Vitamin A: 631.63IU (12.63%), Potassium: 397.23mg (11.35%), Vitamin B5: 0.97mg (9.73%), Fiber: 2.22g (8.88%), Magnesium: 34.73mg (8.68%), Manganese: 0.11mg (5.28%), Vitamin B1: 0.07mg (4.73%), Vitamin E: 0.67mg (4.43%), Vitamin C: 3.31mg (4.02%), Folate: 15.18µg (3.8%), Copper: 0.07mg (3.31%), Vitamin D: 0.28µg (1.89%)