



WHATSheATE



Grilled Bourbon-Chicken Pizza

READY IN



55 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 2 tablespoons bourbon
- ☐ 1 teaspoon chipotles in adobo finely chopped (from 7-oz can)
- ☐ 1 clove garlic finely chopped
- ☐ 2 chicken breast boneless skinless
- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 8 oz mozzarella cheese shredded reduced-fat
- ☐ 1 and orange peppers chopped
- ☐ 0.5 medium onion red thinly sliced

☐ 2 slices bacon crumbled cooked

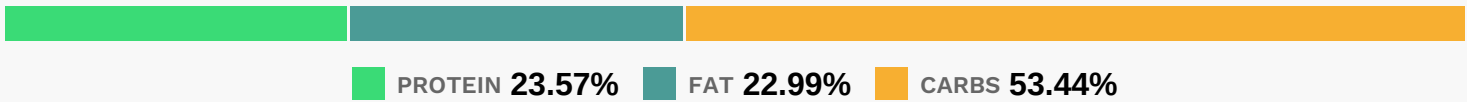
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small saucepan, stir together barbecue sauce, bourbon, chipotle chile and garlic.
- ☐ Heat to boiling; remove from heat. Reserve 5 tablespoons sauce in small bowl; set aside.
- ☐ Place chicken on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning once and brushing frequently with remaining sauce, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- ☐ Remove chicken to plate; cut into bite-size pieces. In medium bowl, mix chopped chicken with 2 tablespoons of the reserved barbecue sauce. Discard any remaining sauce used for brushing.
- ☐ Heat oven to 425°F. Spray 15x10-inch cookie sheet with cooking spray. Unroll dough on cookie sheet; starting at center, press out dough to edge of pan.
- ☐ Brush crust with remaining 3 tablespoons reserved barbecue sauce.
- ☐ Sprinkle with 1/4 cup of the cheese; top with chicken, bell pepper, onion, bacon and remaining 1 3/4 cups cheese.
- ☐ Bake 15 to 18 minutes or until edges are browned and cheese is melted.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:12.493913106296%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 415.49kcal (20.77%), Fat: 10.32g (15.88%), Saturated Fat: 4.9g (30.6%), Carbohydrates: 54g (18%), Net Carbohydrates: 51.93g (18.88%), Sugar: 21.58g (23.97%), Cholesterol: 50.94mg (16.98%), Sodium: 1286.17mg (55.92%), Alcohol: 1.67g (100%), Alcohol %: 0.94% (100%), Protein: 23.81g (47.62%), Vitamin C: 26.96mg (32.68%), Calcium: 317.9mg (31.79%), Phosphorus: 282.77mg (28.28%), Selenium: 19.6µg (28.01%), Vitamin B3: 4.74mg (23.71%), Vitamin B6: 0.43mg (21.68%), Vitamin A: 922.13IU (18.44%), Iron: 2.45mg (13.6%), Vitamin B2: 0.21mg (12.07%), Potassium: 352.35mg (10.07%), Zinc: 1.5mg (9.98%), Fiber: 2.07g (8.29%), Vitamin B5: 0.75mg (7.52%), Magnesium: 28.93mg (7.23%), Vitamin B12: 0.41µg (6.91%), Manganese: 0.11mg (5.67%), Vitamin E: 0.83mg (5.55%), Vitamin B1: 0.07mg (4.87%), Folate: 16.74µg (4.19%), Copper: 0.07mg (3.31%), Vitamin K: 2.56µg (2.43%), Vitamin D: 0.16µg (1.08%)