



Grilled Chicken and Bacon Ranch Pizza

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon garlic powder
- 2 oz cheddar cheese shredded
- 0.5 cup water hot
- 0.3 cup ranch dressing
- 1 cup rotisserie chicken cut cubed chopped
- 0.5 cup plum tomatoes seeded chopped (Roma)
- 0.3 cup oz. bacon into pieces (from 3-oz)
- 0.3 cup spring onion sliced

- 4 oz mozzarella cheese shredded
- 2 oz cheddar cheese shredded
- 2.5 cups frangelico

Equipment

- bowl
- baking sheet
- grill
- aluminum foil
- measuring cup

Directions

- Heat gas or charcoal grill for indirect cooking and medium heat. Generously spray 18x18-inch piece of heavy duty foil with cooking spray.*
- To measure Bisquick mix, lightly spoon into measuring cup; level off. In medium bowl, stir together, Bisquick mix, garlic powder and cheese. Stir in water just until dry ingredients are moistened. Lightly knead dough in bowl 10 times.
- Place dough on sprayed foil; starting at center, press into a 12-inch round.
- Place on large cookie sheet to carry to grill.
- Place crust on grill, foil side down. Cook covered 1 to 3 minutes or until bottom of crust is light golden brown. Do not over cook.
- Remove from grill to cookie sheet.
- Spread dressing over dough to within 1-inch of edge. Top evenly with remaining ingredients (do not make thicker in center or center won't get done). Carefully place pizza on grill, foil side down. Cook covered, 8 to 10 minutes or until bottom of crust is deep golden brown and cheese is melted. Carefully place on cookie sheet.

Nutrition Facts

 **PROTEIN 30.86%**  **FAT 65.14%**  **CARBS 4%**

Properties

Glycemic Index:19.5, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:5.0526086947192%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 218.86kcal (10.94%), Fat: 15.9g (24.46%), Saturated Fat: 6.6g (41.27%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.13g (1.26%), Cholesterol: 63.09mg (21.03%), Sodium: 517.64mg (22.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin K: 21.7µg (20.67%), Calcium: 178.92mg (17.89%), Phosphorus: 139.18mg (13.92%), Selenium: 6.83µg (9.76%), Vitamin B12: 0.49µg (8.17%), Vitamin A: 395.98IU (7.92%), Vitamin B2: 0.12mg (6.88%), Zinc: 1mg (6.64%), Vitamin C: 2.62mg (3.17%), Vitamin E: 0.45mg (3.02%), Magnesium: 9.71mg (2.43%), Folate: 8.68µg (2.17%), Potassium: 73.99mg (2.11%), Vitamin B5: 0.18mg (1.75%), Vitamin B6: 0.03mg (1.74%), Manganese: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.19%), Iron: 0.21mg (1.18%), Copper: 0.02mg (1.14%), Fiber: 0.28g (1.1%), Vitamin D: 0.15µg (1.01%)