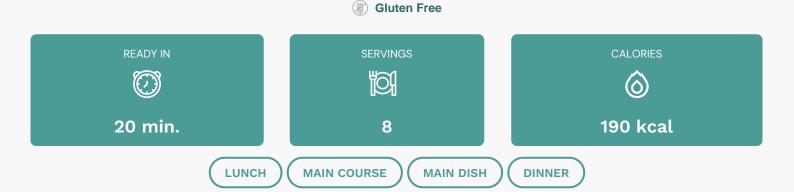


# **Grilled Chicken and Bacon Ranch Pizza**



#### Ingredients

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



## 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.



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 32.09% 📕 FAT 63.67% 📒 CARBS 4.24%

**Properties** 

Glycemic Index:16.13, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.1795652534651%

#### Flavonoids

Naringenin: O.1mg, Naringenin: O.1mg, Naringenin: O.1mg, Naringenin: O.1mg Kaempferol: O.O6mg, Kaempferol: O.O6mg, Kaempferol: O.O6mg Myricetin: O.O2mg, Myricetin: O.O2mg, Myricetin: O.O2mg, Myricetin: O.O2mg, Myricetin: O.O2mg, Myricetin: O.42mg, Quercetin: O

#### Nutrients (% of daily need)

Calories: 189.95kcal (9.5%), Fat: 13.49g (20.75%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.11g (1.23%), Cholesterol: 56mg (18.67%), Sodium: 471.29mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.59%), Vitamin K: 21.53µg (20.51%), Calcium: 128.81mg (12.88%), Phosphorus: 106.72mg (10.67%), Vitamin B12: 0.42µg (6.92%), Selenium: 4.83µg (6.9%), Vitamin A: 324.97IU (6.5%), Vitamin B2: 0.09mg (5.04%), Zinc: 0.74mg (4.9%), Vitamin C: 2.62mg (3.17%), Vitamin E: 0.4mg (2.67%), Potassium: 68.54mg (1.96%), Magnesium: 7.79mg (1.95%), Folate: 7.19µg (1.8%), Manganese: 0.03mg (1.64%), Vitamin B6: 0.03mg (1.5%), Vitamin B5: 0.15mg (1.46%), Iron: 0.2mg (1.11%), Fiber: 0.28g (1.1%), Vitamin B1: 0.02mg (1.05%), Copper: 0.02mg (1.02%)