



Grilled Chicken and Bacon Ranch Pizza

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

- 0.5 cup water hot
- 2.5 cups frangelico
- 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 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: 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: 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: 0g (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%)