



Grilled Mini Barbecue Pizza Wedges

READY IN



20 min.

SERVINGS



12

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces uncook pizza crust italian ready-to-serve (2 crusts)
- 0.3 cup barbecue sauce
- 0.5 cup roasted chicken cooked chopped
- 1 tablespoon onion red chopped
- 4 ounces mozzarella cheese shredded finely
- 0.3 cup cherry tomatoes thinly sliced

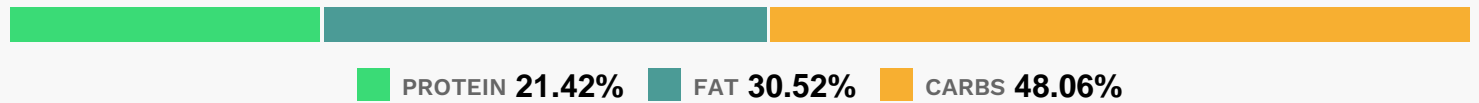
Equipment

- grill

Directions

- Heat coals or gas grill for indirect heat. If using charcoal grill, arrange coals around edge of firebox. Top pizza crusts with remaining ingredients in order given.
- Place pizzas over center of charcoal grill or over unheated side of gas grill and over medium heat. Cover and grill 8 to 10 minutes, rotating pizzas occasionally, until cheese is melted and pizzas are hot.
- Cut each into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.9521738847961%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 100.96kcal (5.05%), Fat: 3.4g (5.23%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 11.66g (4.24%), Sugar: 2.5g (2.78%), Cholesterol: 11.84mg (3.95%), Sodium: 225.71mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Calcium: 68.21mg (6.82%), Phosphorus: 47.24mg (4.72%), Selenium: 3.14µg (4.49%), Vitamin B12: 0.23µg (3.87%), Iron: 0.69mg (3.86%), Vitamin B3: 0.53mg (2.64%), Zinc: 0.38mg (2.55%), Vitamin B2: 0.04mg (2.34%), Vitamin A: 99.88IU (2%), Vitamin B6: 0.04mg (1.81%), Fiber: 0.38g (1.53%), Potassium: 44.6mg (1.27%), Vitamin C: 1.04mg (1.26%), Magnesium: 4.35mg (1.09%)