



Husband-Friendly Chicken Pizza

READY IN



50 min.

SERVINGS



1

CALORIES



2959 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 0.8 cup barbeque sauce
- ☐ 2 chicken breast halves shredded cooked
- ☐ 1 tablespoon garlic powder
- ☐ 0.3 cup gorgonzola cheese crumbled
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon paprika
- ☐ 1 onion red sliced
- ☐ 10 ounce pizza crust refrigerated

☐ 2 cups mozzarella cheese shredded

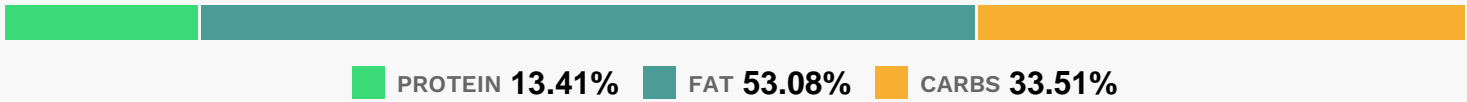
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Heat the oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate; crumble when cool.
- ☐ Preheat an oven to 425 degrees F (220 degrees C). Grease a baking sheet.
- ☐ Press the refrigerated pizza crust onto the baking sheet to fit the size of the pan.
- ☐ Spread the barbeque sauce evenly over the dough, and sprinkle with the shredded chicken, caramelized onion, bacon, Gorgonzola cheese, and diced jalapeno pepper. Season with paprika and garlic powder. Top with the shredded mozzarella cheese.
- ☐ Bake in the preheated oven until the cheese has melted and is bubbly and the pizza dough is golden brown on the bottom, 15 to 17 minutes.

Nutrition Facts



Properties

Glycemic Index:101, Glycemic Load:4.23, Inflammation Score:-10, Nutrition Score:52.092173617819%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg,

Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 2959.42kcal (147.97%), Fat: 175.91g (270.62%), Saturated Fat: 62.28g (389.23%), Carbohydrates: 249.87g (83.29%), Net Carbohydrates: 238.66g (86.78%), Sugar: 96.82g (107.58%), Cholesterol: 286.77mg (95.59%), Sodium: 6878.76mg (299.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.98g (199.95%), Calcium: 1406.17mg (140.62%), Phosphorus: 1226.11mg (122.61%), Vitamin A: 5709.91IU (114.2%), Selenium: 74.89µg (106.99%), Vitamin B12: 6.12µg (101.96%), Vitamin E: 12.67mg (84.46%), Iron: 13.13mg (72.95%), Zinc: 9.97mg (66.49%), Vitamin B2: 1.1mg (64.64%), Vitamin B6: 1.06mg (53.21%), Vitamin K: 48.29µg (45.99%), Fiber: 11.22g (44.86%), Vitamin B3: 8.16mg (40.82%), Potassium: 1422.32mg (40.64%), Vitamin B1: 0.6mg (39.92%), Manganese: 0.69mg (34.32%), Magnesium: 125.06mg (31.27%), Vitamin B5: 2.28mg (22.79%), Copper: 0.38mg (19.12%), Folate: 58.33µg (14.58%), Vitamin C: 9.59mg (11.62%), Vitamin D: 1.57µg (10.44%)