



## Mini Buffalo Chicken Bisquick® Pizzas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup water hot
- 1 tablespoon olive oil
- 1 cup chicken shredded cooked
- 0.3 cup sauce of the chicken from the turbo broiler
- 1 tablespoon butter melted
- 4 oz monterrey jack cheese shredded
- 2 oz cheese blue crumbled
- 2 spring onion thinly sliced

1.5 cups frangelico

## Equipment

bowl

baking sheet

oven

## Directions

Heat oven to 350°F. Spray cookie sheet with cooking spray.

In medium bowl, stir together Bisquick® mix, hot water and oil until a dough forms. Turn dough out onto work surface (dough may be crumbly). Knead dough until it comes together.

Cut dough into 4 equal portions. Press each portion into 6-inch round; place on cookie sheet.

Bake 10 minutes.

Remove crusts from oven; cool slightly.

In small bowl, stir together chicken, buffalo sauce and melted butter. Top each baked crust with Monterey Jack cheese and chicken mixture; sprinkle with blue cheese.

Return to oven; bake 5 to 7 minutes longer or until cheese is melted. Before serving, garnish pizzas with green onions.

## Nutrition Facts

PROTEIN **27.82%** FAT **70.75%** CARBS **1.43%**

## Properties

Glycemic Index:34, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:8.5613043049107%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 272.19kcal (13.61%), Fat: 21.33g (32.81%), Saturated Fat: 10.98g (68.64%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.35g (0.39%), Cholesterol: 69.64mg (23.21%), Sodium: 843.78mg (36.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Calcium: 296.32mg (29.63%),

Phosphorus: 250.99mg (25.1%), Selenium: 14.85µg (21.21%), Vitamin K: 15.82µg (15.07%), Vitamin B3: 2.96mg (14.81%), Vitamin B2: 0.22mg (13.07%), Zinc: 1.79mg (11.92%), Vitamin A: 487.8IU (9.76%), Vitamin B6: 0.19mg (9.66%), Vitamin B12: 0.52µg (8.59%), Vitamin B5: 0.65mg (6.53%), Magnesium: 19.73mg (4.93%), Vitamin E: 0.73mg (4.85%), Potassium: 156.84mg (4.48%), Iron: 0.78mg (4.34%), Folate: 15.9µg (3.98%), Vitamin B1: 0.03mg (2.24%), Copper: 0.04mg (2.14%), Vitamin D: 0.24µg (1.61%), Vitamin C: 1.13mg (1.37%)