



Quick BBQ Chicken Pizzas

READY IN



45 min.

SERVINGS



4

CALORIES



3382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce (such as Stubb's)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounces chicken breast shredded boneless skinless
- ☐ 0.3 cup chicken stock see unsalted (such as Swanson)
- ☐ 2 ounces mozzarella fresh sliced
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 cup tomatoes (such as Dell'Amore)
- ☐ 21 inch uncook pizza crust thin (such as Mama Mary's)
- ☐ 0.8 cup onion red chopped

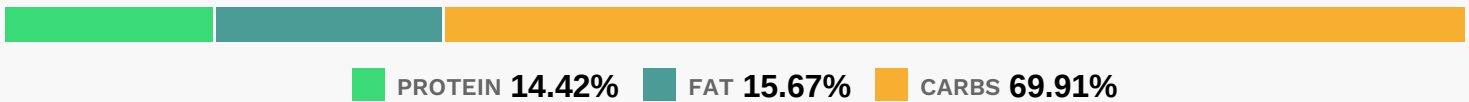
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Heat a saucepan over medium heat. Coat pan with cooking spray.
- ☐ Add onion; saut 2 minutes or until translucent. Stir in chicken, stock, marinara, and barbecue sauce; cook 3 minutes or until thoroughly heated.
- ☐ Remove pan from heat.
- ☐ Spread about 1/2 cup chicken mixture over each crust; top evenly with mozzarella cheese.
- ☐ Place pizzas directly on oven rack; bake at 450 for 9 minutes or until cheese melts. Top with green onions and pepper.
- ☐ Cut each pizza into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:1.12, Inflammation Score:1, Nutrition Score:19.956956498001%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 3381.94kcal (169.1%), Fat: 58.53g (90.04%), Saturated Fat: 29.12g (182%), Carbohydrates: 587.73g (195.91%), Net Carbohydrates: 568.64g (206.78%), Sugar: 26.25g (29.16%), Cholesterol: 38.86mg (12.95%), Sodium: 6710.94mg (291.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 121.24g (242.48%), Iron: 33mg (183.31%),

Calcium: 1174.74mg (117.47%), Fiber: 19.1g (76.39%), Vitamin B3: 5.03mg (25.13%), Selenium: 16.88µg (24.12%),
Vitamin B6: 0.4mg (20.16%), Vitamin K: 18.97µg (18.07%), Phosphorus: 163.42mg (16.34%), Potassium: 340.93mg
(9.74%), Vitamin B2: 0.13mg (7.68%), Vitamin B5: 0.75mg (7.49%), Vitamin B12: 0.41µg (6.8%), Vitamin C: 5.51mg
(6.67%), Manganese: 0.13mg (6.67%), Magnesium: 24.21mg (6.05%), Vitamin A: 300.42IU (6.01%), Zinc: 0.83mg
(5.55%), Vitamin B1: 0.06mg (4.21%), Folate: 16.25µg (4.06%), Copper: 0.07mg (3.68%), Vitamin E: 0.53mg (3.53%)