



Quick 'n' Easy Chicken Barbecue Pizza

READY IN



20 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 6 servings barbecue sauce
- ☐ 8 ounces monterrey jack cheese shredded with peppers
- ☐ 1 teaspoon olive oil
- ☐ 1 small onion chopped
- ☐ 6 servings parsley fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 bell pepper red chopped
- ☐ 10 ounce pizza dough refrigerated canned

- ☐ 0.5 teaspoon salt
- ☐ 12 ounce chicken breast boneless skinless

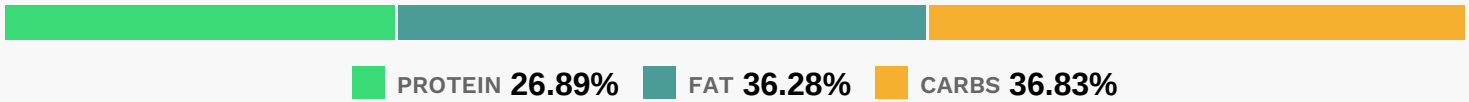
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Saut first 4 ingredients in hot oil in a large skillet over medium-high heat 8 to 10 minutes or until vegetables are tender.
- ☐ Drain well.
- ☐ Unroll pizza crust; press or pat into a lightly greased 13- x 9-inch pan.
- ☐ Bake crust at 400 for 12 to 14 minutes.
- ☐ Spread 1/2 cup barbecue sauce evenly over top of pizza crust in pan. Arrange chicken strips evenly over barbecue sauce, top with onion mixture, and sprinkle evenly with cheese.
- ☐ Bake at 400 for 8 to 10 minutes or until cheese melts.
- ☐ Garnish, if desired.
- ☐ Serve with extra sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:15.773043451102%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 379.36kcal (18.97%), Fat: 15.29g (23.52%), Saturated Fat: 8.03g (50.16%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 33.43g (12.16%), Sugar: 12.31g (13.68%), Cholesterol: 69.93mg (23.31%), Sodium: 1086.89mg (47.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.99%), Vitamin K: 68.18µg (64.93%), Selenium: 24.02µg (34.32%), Vitamin B3: 6.26mg (31.31%), Calcium: 302.41mg (30.24%), Phosphorus: 300.28mg (30.03%), Vitamin B6: 0.52mg (25.99%), Vitamin C: 19.71mg (23.89%), Vitamin A: 1011.45IU (20.23%), Vitamin B2: 0.23mg (13.75%), Iron: 2.25mg (12.47%), Zinc: 1.59mg (10.63%), Potassium: 359.29mg (10.27%), Vitamin B5: 0.99mg (9.91%), Magnesium: 32.68mg (8.17%), Vitamin B12: 0.43µg (7.12%), Fiber: 1.49g (5.97%), Folate: 22.44µg (5.61%), Vitamin E: 0.69mg (4.6%), Manganese: 0.09mg (4.38%), Vitamin B1: 0.06mg (4.13%), Copper: 0.06mg (2.94%), Vitamin D: 0.28µg (1.89%)