

Slumber Party Pizza

READY IN



15 min.

SERVINGS



8

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 8 servings parsley fresh minced
- 4 ounces part-skim mozzarella cheese shredded
- 1 uncook pizza crust
- 0.5 cup cheddar cheese shredded
- 3 cups chicken shredded cooked

Equipment

- oven

pizza pan

Directions

- Place crust on a 14-in. pizza pan.
- Combine chicken and barbecue sauce; spread over crust.
- Sprinkle with cheeses.
- Bake at 450° for 8–10 minutes or until cheese is melted.
- Sprinkle with parsley.

Nutrition Facts



PROTEIN 26.74% **FAT 27.69%** **CARBS 45.57%**

Properties

Glycemic Index:7.38, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:11.539565337741%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 350.42kcal (17.52%), Fat: 10.64g (16.37%), Saturated Fat: 4.88g (30.53%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 38.2g (13.89%), Sugar: 12.83g (14.26%), Cholesterol: 55.51mg (18.5%), Sodium: 806.27mg (35.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.25%), Vitamin K: 66.64µg (63.47%), Selenium: 17.42µg (24.89%), Calcium: 229.39mg (22.94%), Vitamin B3: 4.42mg (22.11%), Phosphorus: 208.25mg (20.82%), Iron: 2.5mg (13.89%), Vitamin B6: 0.26mg (13.02%), Vitamin A: 577.51IU (11.55%), Zinc: 1.55mg (10.35%), Vitamin B2: 0.18mg (10.31%), Potassium: 242.67mg (6.93%), Vitamin C: 5.53mg (6.71%), Vitamin B5: 0.63mg (6.25%), Vitamin B12: 0.34µg (5.72%), Magnesium: 22.84mg (5.71%), Fiber: 1.2g (4.8%), Copper: 0.07mg (3.37%), Vitamin B1: 0.05mg (3.25%), Manganese: 0.06mg (3.12%), Folate: 12.18µg (3.04%), Vitamin E: 0.39mg (2.59%)