



Southwestern BBQ Chicken Pizza

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce divided
- ☐ 18 ounce already-cooked southwest-flavored chicken breast strips chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 16 ounce pizza crust italian cheese-flavored
- ☐ 6 ounces mexican four-cheese blend shredded

Equipment

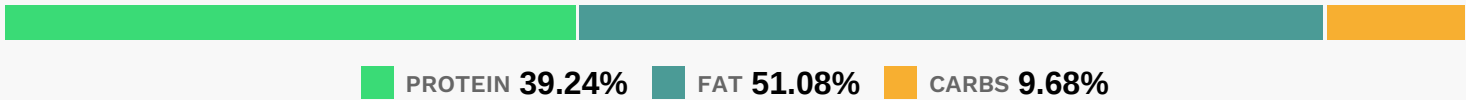
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ pizza stone

Directions

- ☐ Place pizza crust on a large baking sheet or pizza stone; spread 1/4 cup barbecue sauce over crust.
- ☐ Combine remaining 1/4 cup barbecue sauce and chicken in a bowl, coating well. Spoon chicken mixture over crust; top with cheese and cilantro.
- ☐ Bake at 450 for 10 minutes or until cheese melts.
- ☐ Note: For testing purposes only, we used Boboli pizza crust and Tyson Southwest Seasoned Chicken Breast Strips.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.499999988338%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 525.52kcal (26.28%), Fat: 30.17g (46.41%), Saturated Fat: 8.71g (54.46%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.65g (4.6%), Sugar: 8.26g (9.18%), Cholesterol: 114.34mg (38.11%), Sodium: 624.2mg (27.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.14g (104.28%), Vitamin B3: 11.84mg (59.19%), Selenium: 28.04µg (40.05%), Calcium: 358.73mg (35.87%), Phosphorus: 322.91mg (32.29%), Vitamin B6: 0.55mg (27.28%), Vitamin B2: 0.2mg (11.8%), Zinc: 1.75mg (11.63%), Vitamin B12: 0.64µg (10.63%), Vitamin B5: 0.93mg (9.31%), Magnesium: 34.88mg (8.72%), Potassium: 297.81mg (8.51%), Iron: 1.21mg (6.7%), Vitamin A: 267.07IU (5.34%), Vitamin B1: 0.07mg (4.78%), Copper: 0.07mg (3.31%), Vitamin E: 0.49mg (3.3%), Manganese: 0.05mg (2.56%), Folate: 7.65µg (1.91%), Vitamin K: 1.81µg (1.72%), Vitamin D: 0.23µg (1.51%)