



Sunny's Easy BBQ Chicken Pizza

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup brown sugar
- ☐ 8 ounces buffalo mozzarella cheese
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon hungarian hot
- ☐ 1 jalapeño chopped
- ☐ 1 cup catsup
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 0.3 cup parmesan shredded
- ☐ 13.8 ounce premade pizza crust recommended: Pillsbury Pizza Crust –Thin Crust
- ☐ 1 rotisserie chicken cut chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 cup cheddar shredded
- ☐ 1 vidalia onion chopped
- ☐ 1 tablespoon vinegar white
- ☐ 2 tablespoons worcestershire sauce
- ☐ 0.3 cup mustard yellow

Equipment

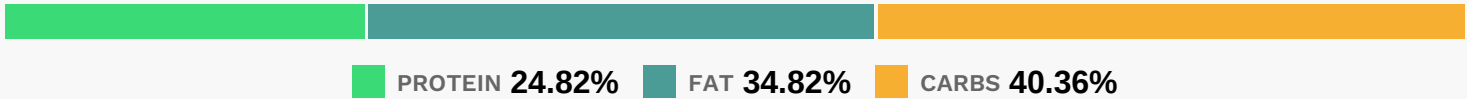
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a pot over medium heat add the olive oil, onions, jalapenos and a sprinkle of salt and pepper, to taste. Cook, stirring, until the onions are translucent and tender, about 10 minutes.
- ☐ Add the garlic, paprika, thyme, and oregano, then stir well and cook until fragrant.
- ☐ Add the ketchup, mustard, Worcestershire sauce, brown sugar and vinegar. Raise the heat to medium– high and simmer, while rapidly stirring, until everything is blended and smooth. Lower the heat to a simmer and add the chopped chicken. Stir to coat all the chicken, then remove from the heat and let cool slightly.
- ☐ Meanwhile, roll out the dough according to package directions and fit it onto a rectangular nonstick baking sheet.
- ☐ Put the crust in the oven and bake for 7 minutes.

- ☐
- Remove the crust from the oven and leaving a 1-inch border pour the BBQ chicken and sauce evenly over the crust. Top with the cheddar, parmesan and mozzarella, in that order.
- ☐
- Put the topped pizza in the oven and bake until the mozzarella cheese is bubbly and the edges of the crust are golden brown, anywhere from 6 to 11 minutes.
- ☐
- Remove the pizza from the oven to a cutting board and allow to cool for a few minutes before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:12.590000038562%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 727.47kcal (36.37%), Fat: 28.55g (43.92%), Saturated Fat: 11.78g (73.64%), Carbohydrates: 74.43g (24.81%), Net Carbohydrates: 71.96g (26.17%), Sugar: 37.27g (41.41%), Cholesterol: 136.98mg (45.66%), Sodium: 1538.28mg (66.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.78g (91.56%), Calcium: 1079.1mg (107.91%), Vitamin A: 1661.5IU (33.23%), Iron: 3.35mg (18.59%), Phosphorus: 116.43mg (11.64%), Selenium: 8.15µg (11.64%), Vitamin E: 1.64mg (10.95%), Manganese: 0.2mg (10.1%), Vitamin K: 10.49µg (9.99%), Fiber: 2.47g (9.87%), Vitamin C: 8.08mg (9.8%), Vitamin B6: 0.19mg (9.51%), Potassium: 329.86mg (9.42%), Vitamin B2: 0.16mg (9.17%), Magnesium: 24.99mg (6.25%), Folate: 22.05µg (5.51%), Copper: 0.11mg (5.49%), Zinc: 0.73mg (4.86%), Vitamin B3: 0.88mg (4.39%), Vitamin B1: 0.06mg (3.97%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.22mg (2.17%)