

Touchdown Pizza

READY IN



30 min.

SERVINGS



3

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce cheese blue crumbled
- 0.5 cup buffalo wing sauce
- 1 stalk celery thinly sliced
- 1 cup chicken breast diced cooked
- 14 ounce prebaked pizza crust boboli® (such as)
- 1 cup mozzarella cheese shredded

Equipment

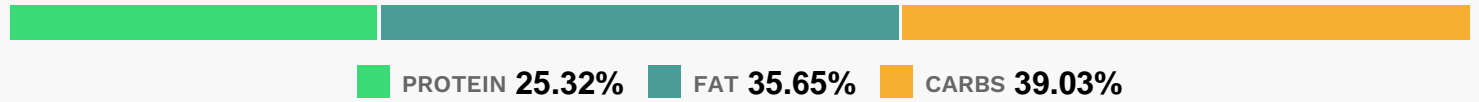
- bowl

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 475 degrees F (245 degrees C). Line a baking sheet with aluminum foil.
- Place pizza crust on the prepared baking sheet.
- Mix chicken and 3 tablespoons wing sauce together in a bowl until evenly coated.
- Spread 1/2 cup wing sauce on the pizza crust; top with blue cheese, chicken mixture, and celery. Cover pizza with mozzarella cheese.
- Bake in the preheated oven until pizza is cooked through and cheese is bubbling, about 12 minutes. Cool pizza about 5 minutes before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:14.630869616633%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 685.1kcal (34.26%), Fat: 26.89g (41.37%), Saturated Fat: 15.46g (96.62%), Carbohydrates: 66.24g (22.08%), Net Carbohydrates: 64.03g (23.28%), Sugar: 2.75g (3.06%), Cholesterol: 97.51mg (32.5%), Sodium: 2641.95mg (114.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.96g (85.92%), Calcium: 520.71mg (52.07%), Phosphorus: 388.04mg (38.8%), Selenium: 24.76µg (35.37%), Vitamin B3: 6.87mg (34.33%), Vitamin B12: 1.47µg (24.52%), Iron: 4.39mg (24.4%), Vitamin B6: 0.37mg (18.32%), Vitamin B2: 0.31mg (18.29%), Zinc: 2.58mg (17.2%), Vitamin A: 610.45IU (12.21%), Vitamin B5: 1.19mg (11.89%), Fiber: 2.21g (8.84%), Potassium: 279.27mg (7.98%), Magnesium: 31.16mg (7.79%), Folate: 22.89µg (5.72%), Vitamin K: 5.81µg (5.54%), Vitamin B1: 0.06mg (3.84%), Vitamin D: 0.38µg (2.57%), Copper: 0.05mg (2.34%), Vitamin E: 0.33mg (2.18%), Manganese: 0.04mg (1.81%)