



Unbelievably Awesome Barbeque Chicken Pizza

READY IN



60 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbeque sauce divided
- ☐ 1 chicken breast half boneless skinless
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup tomatoes
- ☐ 16 ounce pre-baked pizza crust
- ☐ 0.3 cup onion red thinly sliced
- ☐ 1 tablespoon sesame oil
- ☐ 1 cup mozzarella cheese shredded

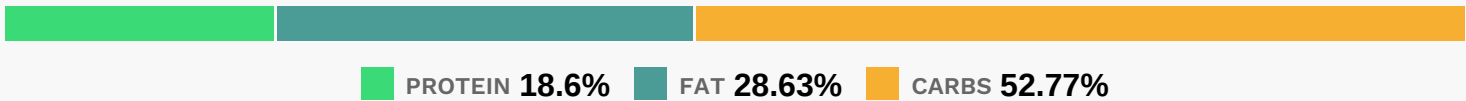
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the sesame oil in a skillet over medium heat.
- ☐ Place the chicken breast in the skillet, and top with 1 tablespoon barbeque sauce. Cook 10 minutes, turn, and top with 1 tablespoon barbeque sauce. Continue cooking 10 minutes, until juices run clear. Cool slightly, and cut into chunks.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a small bowl, mix the remaining barbeque sauce and marinara sauce.
- ☐ Spread evenly over the pizza crust.
- ☐ Sprinkle with mozzarella cheese. Arrange cooked chicken chunks and red onion slices over the top.
- ☐ Bake 15 minutes in the preheated oven, or until cheese is melted and bubbly.
- ☐ Remove from heat, sprinkle with cilantro, and let sit 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:5.967391356178%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 333.25kcal (16.66%), Fat: 10.57g (16.26%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 42.13g (15.32%), Sugar: 6.39g (7.11%), Cholesterol: 26.8mg (8.93%), Sodium: 759.72mg

(33.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.9%), Calcium: 172.85mg (17.29%), Iron: 2.5mg (13.9%), Selenium: 9.52µg (13.6%), Phosphorus: 116.17mg (11.62%), Vitamin B3: 2.27mg (11.34%), Vitamin B6: 0.19mg (9.39%), Vitamin B12: 0.46µg (7.72%), Fiber: 1.71g (6.84%), Vitamin B2: 0.09mg (5.54%), Potassium: 185.83mg (5.31%), Vitamin A: 256.11IU (5.12%), Zinc: 0.74mg (4.9%), Vitamin B5: 0.39mg (3.89%), Magnesium: 14.17mg (3.54%), Vitamin E: 0.5mg (3.32%), Vitamin C: 2.42mg (2.93%), Manganese: 0.06mg (2.87%), Copper: 0.04mg (2.15%), Vitamin B1: 0.03mg (1.96%), Vitamin K: 2.02µg (1.92%), Folate: 5.91µg (1.48%)