



## Wingless Buffalo Chicken Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup cheese crumbles blue
- 2 tablespoons butter
- 0.8 pound chicken breast cutlets
- 4 servings flour
- 2 teaspoons grill seasoning (recommended: McCormick Montreal Seasoning)
- 2 tablespoons hot sauce
- 1 cup monterrey jack cheese shredded generous
- 4 servings olive oil extra-virgin for drizzling
- 3 scallions thinly sliced

- 0.5 cup tomato sauce
- 1 tablespoons worcestershire sauce
- 1 from pizzeria store bought your favorite

## Equipment

- frying pan
- oven
- pizza pan
- grill
- grill pan

## Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F. Preheat grill pan to high.
- Place chicken on a plate and drizzle extra-virgin olive oil over the chicken then season with grill seasoning. When grill is hot, add chicken and cook about 3 minutes on each side.
- Stretch dough to form pizza using cornmeal or flour to help you handle it. If you let it rest and warm up a few minutes it will handle even easier. Set pizza on pizza pan to the side and clean board.
- In a medium skillet over medium heat, melt butter and stir in Worcestershire, hot sauce, and tomato sauce.
- Remove the chicken from grill and thinly slice it.
- Add chicken to sauce and coat. Cover the pizza dough with the saucy Buffalo chicken, cheeses, and scallions.
- Bake 18 minutes or until crisp.

## Nutrition Facts

 PROTEIN 20.53%  FAT 47.77%  CARBS 31.7%

## Properties

Glycemic Index:62.38, Glycemic Load:5.17, Inflammation Score:-6, Nutrition Score:20.042608623919%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 732kcal (36.6%), Fat: 39.11g (60.17%), Saturated Fat: 15.47g (96.7%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 55.15g (20.05%), Sugar: 8.28g (9.2%), Cholesterol: 107.28mg (35.76%), Sodium: 1588.56mg (69.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.82g (75.64%), Selenium: 34.76µg (49.66%), Vitamin B3: 9.75mg (48.73%), Phosphorus: 410.09mg (41.01%), Vitamin B6: 0.81mg (40.27%), Vitamin K: 37.96µg (36.15%), Calcium: 332.31mg (33.23%), Iron: 4.63mg (25.69%), Vitamin E: 3.01mg (20.05%), Vitamin B2: 0.31mg (18.31%), Vitamin B5: 1.74mg (17.39%), Potassium: 580.78mg (16.59%), Vitamin A: 808.99IU (16.18%), Zinc: 2.26mg (15.03%), Magnesium: 53.97mg (13.49%), Fiber: 3.23g (12.93%), Vitamin C: 10.39mg (12.59%), Vitamin B12: 0.62µg (10.37%), Manganese: 0.2mg (10.02%), Vitamin B1: 0.11mg (7.61%), Folate: 28.8µg (7.2%), Copper: 0.12mg (6.22%), Vitamin D: 0.34µg (2.26%)