



Wolfgang Puck's Barbecue Chicken Pizza

READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 1.5 cups chicken breast warmed cooked cut into 1-inch pieces and
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 0.5 cup fontina
- ☐ 0.5 cup mozzarella cheese grated
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 ounce pizza dough refrigerated
- ☐ 0.3 teaspoon salt

☐ 1 cup bell peppers red yellow thinly sliced

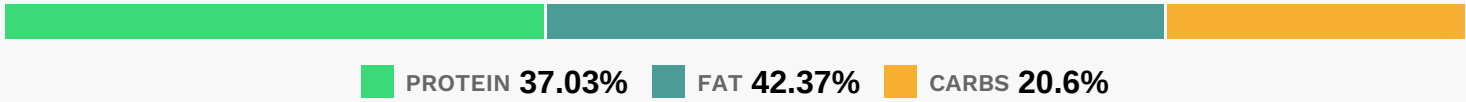
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat olive oil in a medium skillet over medium-high heat. Saut yellow and red bell peppers for 2 minutes; set aside.
- ☐ Roll out pizza dough to a 15-inch round on a lightly floured surface; transfer to a baking pan and top with mozzarella cheese, fontina cheese, and sauted peppers.
- ☐ Bake at 500 until crust is golden brown (about 12 minutes). Toss chicken with barbecue sauce. Before serving, top pizza with chicken mixture and sprinkle with salt, pepper, and parsley.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:13.722173799639%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 216.01kcal (10.8%), Fat: 10.09g (15.52%), Saturated Fat: 4.73g (29.53%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.08g (3.66%), Sugar: 6.7g (7.44%), Cholesterol: 59.86mg (19.95%), Sodium: 514.39mg (22.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.68%), Vitamin C: 42.22mg (51.18%), Vitamin K: 52.77µg (50.26%), Vitamin B3: 6.21mg (31.04%), Vitamin A: 1423.39IU (28.47%), Selenium: 15.63µg (22.33%), Phosphorus: 193.59mg (19.36%), Vitamin B6: 0.37mg (18.38%), Calcium: 146.94mg (14.69%), Vitamin B12: 0.62µg (10.33%), Zinc: 1.34mg (8.94%), Vitamin B2: 0.14mg (8.41%), Potassium: 238.52mg (6.81%), Vitamin E: 1.01mg

(6.73%), Vitamin B5: 0.61mg (6.09%), Iron: 1.09mg (6.08%), Magnesium: 23.38mg (5.84%), Folate: 21.83µg (5.46%), Manganese: 0.08mg (4.08%), Fiber: 0.96g (3.86%), Vitamin B1: 0.06mg (3.84%), Copper: 0.05mg (2.32%), Vitamin D: 0.17µg (1.11%)