



## BBQ Chicken Tortilla Pizza



Little individual tortilla pizza with shredded chicken, honey BBQ sauce, onions, tomatoes, and mozzarella cheese.

By SlimCookins

**Prep:** 10 mins

**Cook:** 5 mins

**Total:** 15 mins

**Servings:** 1

**Yield:** 1 pizza



### Ingredients

1 tablespoon honey barbeque sauce

1 low-carb whole wheat tortilla

1 tablespoon honey barbeque sauce

4 ounces shredded cooked chicken

¼ cup diced red onion, divided

1 tablespoon chopped fresh cilantro, divided

¼ cup low-fat finely shredded mozzarella cheese, or more to taste

### Directions

#### Step 1

Preheat oven to 400 degrees F (200 degrees C).

#### Step 2

Spread 1 tablespoon barbeque sauce on tortilla.

#### Step 3

Mix 1 tablespoon barbeque sauce and chicken in a bowl until coated. Spread chicken mixture, half the red onion, and half the cilantro onto the tortilla. Sprinkle mozzarella cheese over chicken mixture. Top with remaining red onion and cilantro. Place pizza on a baking sheet.

#### Step 4

Bake in the preheated oven until tortilla is crisp and cheese is melted, 5 to 7 minutes.

### Nutrition Facts

#### Per Serving:

324.1 calories; protein 32.9g 66% DV; carbohydrates 27.1g 9% DV; fat 12.2g 19% DV; cholesterol 74.4mg 25% DV; sodium 754.1mg 30% DV.

© COPYRIGHT 2020 ALLRECIPES.COM. ALL RIGHTS RESERVED.

Printed from <https://www.allrecipes.com> 09/04/2020

© COPYRIGHT 2020 ALLRECIPES.COM. ALL RIGHTS RESERVED.

Printed from <https://www.allrecipes.com> 09/04/2020



Get the best recipes & how to content from Allrecipes!

You will see a grey box to confirm.

Dismiss

Allow