

BBQ CHICKEN PIZZA ROLLUP

Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 1 slice, makes 2 dozen appetizer slices

Nutrition (per serving)

Calories: 81

Sodium: 177 mg

Total Fat: 2 g

Total Carbohydrate: 9 g

Saturated Fat: 1 g

Protein: 6 g



Ingredients

1 tube (13.8 oz) refrigerated pizza crust

1/4 cup honey BBQ sauce

1 1/2 cup (6 oz) shredded part-skim mozzarella cheese

1 1/2 cup shredded cooked chicken breast

1 small red onion, finely chopped

1/4 cup fresh cilantro, minced

1 tsp Italian seasoning (optional)

1 egg white



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1 Tbsp water

3/4 tsp garlic powder

Directions

1. On lightly floured surface, roll crust into a 12 x 9 rectangle.
2. Brush crust dough with BBQ sauce then layer with cheese, chicken, onion, cilantro and Italian seasoning.
3. Roll up jelly roll style, starting with the long side. Pinch seams to seal. Place seam side down on a baking sheet coated with cooking spray.
4. Beat egg white and water; brush over top of the roll. Sprinkle with garlic powder.
5. Bake at 400 degrees for 15-20 minutes or until lightly browned.
6. Cool 10 minutes before slicing. For appetizer, slice into 2 dozen slices.



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