



Arugula Pizza with Poached Eggs

READY IN



20 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounce baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 large eggs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind fresh grated
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 11 ounce pizza crust dough refrigerated thin (such as Pillsbury Pizza Crust)
- ☐ 2 ounces romano cheese fresh divided shaved

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon vinegar white

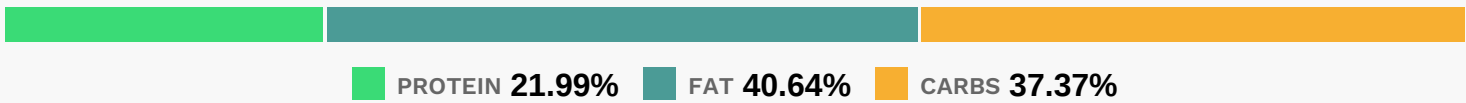
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 45
- ☐ Unroll pizza dough on a baking sheet lightly coated with cooking spray; place in preheating oven.
- ☐ Bake as oven heats for 7 minutes.
- ☐ Combine the ricotta and 1/4 cup Romano.
- ☐ Remove pan from oven. Quickly spread cheese mixture over dough, leaving a 1/2-inch border around the edges. Return pan to oven, and bake for 5 minutes.
- ☐ While pizza bakes, add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer.
- ☐ Add vinegar. Break each egg into a custard cup, and pour gently into pan. Cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon.
- ☐ Combine arugula, remaining 1/4 cup Romano cheese, and the next 4 ingredients (through salt) in a large bowl; toss well. Top pizza with arugula mixture and eggs; sprinkle with pepper.
- ☐ Cut into 6 pieces.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:10.811739151892%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.24mg, Kaempferol: 8.24mg, Kaempferol: 8.24mg, Kaempferol: 8.24mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 295.24kcal (14.76%), Fat: 13.38g (20.58%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 26.47g (9.63%), Sugar: 4.1g (4.55%), Cholesterol: 202.23mg (67.41%), Sodium: 640.99mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Selenium: 20.26µg (28.95%), Vitamin K: 28µg (26.66%), Calcium: 223.52mg (22.35%), Phosphorus: 221.38mg (22.14%), Vitamin A: 949.88IU (19%), Vitamin B2: 0.32mg (18.98%), Iron: 2.81mg (15.64%), Folate: 50.3µg (12.57%), Vitamin B12: 0.61µg (10.18%), Vitamin B5: 0.96mg (9.65%), Zinc: 1.28mg (8.53%), Vitamin D: 1.07µg (7.12%), Vitamin E: 1.05mg (7.01%), Magnesium: 24.42mg (6.11%), Vitamin B6: 0.12mg (5.8%), Vitamin C: 4.73mg (5.73%), Potassium: 194.17mg (5.55%), Manganese: 0.11mg (5.32%), Fiber: 1.2g (4.82%), Copper: 0.07mg (3.28%), Vitamin B1: 0.04mg (2.6%)