



## Avocado and Egg Flat Bread Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 avocados diced ripe peeled
- 2 eggs cooked sliced
- 4 tablespoons cilantro leaves fresh plus more for garnish chopped
- 1 garlic clove crushed
- 4 grape tomatoes
- 1 teaspoon ground cumin
- 1 teaspoon hot sauce
- 2 juice of lime

- 2 tablespoons olive oil
- 2 pita breads homemade store-bought
- 2 servings salt and pepper
- 1 cup mozzarella cheese shredded

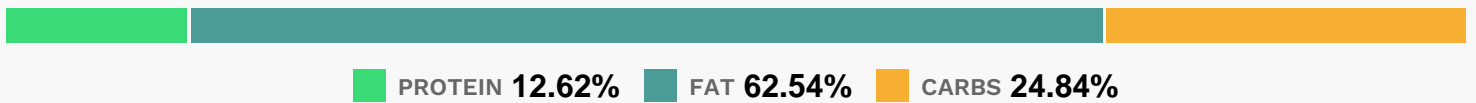
## Equipment

- baking sheet
- oven
- blender

## Directions

- Combine the avocados, hot sauce, garlic, olive oil, cumin, cilantro, lime juice, salt and pepper in a blender. Blend until you have a smooth sauce. Refrigerate until ready to use. Preheat the oven to 375 degrees F. Divide the cheese and top the flat breads.
- Place flat bread pizzas on a baking sheet and bake for about 8 minutes, or until cheese is melted.
- Remove from the oven. Top pizzas with the avocado sauce and season with salt and pepper.
- Place the cooked egg slices, fresh cilantro and grape tomatoes on top of the sauce.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:134.5, Glycemic Load:31.37, Inflammation Score:-8, Nutrition Score:33.78478222308%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 850.29kcal (42.51%), Fat: 61.25g (94.23%), Saturated Fat: 15.08g (94.24%), Carbohydrates: 54.73g (18.24%), Net Carbohydrates: 39.34g (14.31%), Sugar: 3.54g (3.93%), Cholesterol: 207.92mg (69.31%), Sodium: 979.36mg (42.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.6%), Fiber: 15.39g (61.57%), Vitamin K: 57.53µg (54.79%), Folate: 209.71µg (52.43%), Vitamin E: 7.05mg (47.01%), Phosphorus: 464.45mg (46.44%), Vitamin C: 36.01mg (43.65%), Vitamin B2: 0.69mg (40.82%), Calcium: 400.3mg (40.03%), Vitamin B5: 3.85mg (38.51%), Potassium: 1292.13mg (36.92%), Vitamin B6: 0.7mg (34.85%), Manganese: 0.69mg (34.57%), Selenium: 24.13µg (34.48%), Copper: 0.56mg (27.88%), Vitamin B12: 1.67µg (27.81%), Zinc: 4.11mg (27.42%), Vitamin A: 1277.9IU (25.56%), Vitamin B3: 5.1mg (25.51%), Magnesium: 99.82mg (24.95%), Vitamin B1: 0.35mg (23.28%), Iron: 3.82mg (21.21%), Vitamin D: 1.1µg (7.36%)