



Avocado Breakfast Pizza with Fried Egg

 Popular

READY IN



10 min.

SERVINGS



1

CALORIES



477 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

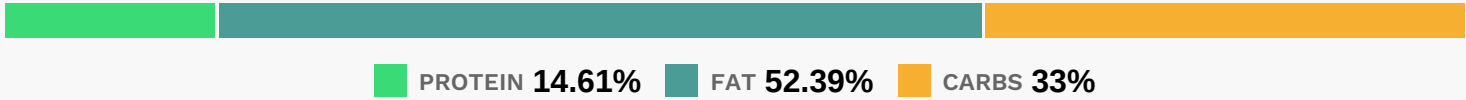
- ☐ 0.5 cup avocado mashed
- ☐ 1 strip bacon sliced cut into 1 inch , fried and drained
- ☐ 1 eggs
- ☐ 0.5 juice of lime
- ☐ 1 wholewheat pita breads lightly toasted
- ☐ 1 tablespoon queso fresco crumbled
- ☐ 1 serving salt and pepper to taste

Equipment

Directions

☐ Mix the avocado, lime juice, salt and pepper, spread it on the toasted pita and top with fried egg and other toppings.

Nutrition Facts



Properties

Glycemic Index:137, Glycemic Load:29.61, Inflammation Score:-5, Nutrition Score:16.856956606326%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 476.62kcal (23.83%), Fat: 28.14g (43.3%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 33.57g (12.21%), Sugar: 1.25g (1.39%), Cholesterol: 188.4mg (62.8%), Sodium: 818.67mg (35.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.31%), Selenium: 21.1µg (30.14%), Phosphorus: 271.15mg (27.11%), Fiber: 6.32g (25.27%), Folate: 97.41µg (24.35%), Vitamin B2: 0.4mg (23.44%), Vitamin B5: 2.13mg (21.32%), Manganese: 0.4mg (19.79%), Vitamin B1: 0.29mg (19.2%), Vitamin B6: 0.36mg (18.1%), Vitamin B3: 3.45mg (17.24%), Calcium: 168.81mg (16.88%), Potassium: 571.89mg (16.34%), Vitamin K: 16.12µg (15.35%), Vitamin E: 2.2mg (14.65%), Vitamin C: 12mg (14.55%), Zinc: 2.17mg (14.48%), Copper: 0.29mg (14.33%), Vitamin B12: 0.75µg (12.5%), Magnesium: 48.98mg (12.25%), Iron: 2.1mg (11.67%), Vitamin A: 481.92IU (9.64%), Vitamin D: 1.37µg (9.11%)