



Bacon & Eggs Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 eggs
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 ready-to-use baked pizza crust
- 0.5 cup oscar mayer real bacon bits
- 0.3 cup tomatoes fresh chopped
- 0.3 cup water

Equipment

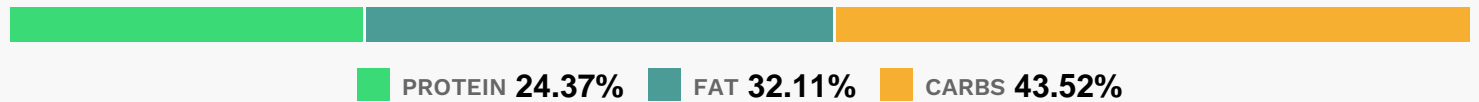
- baking sheet

- oven
- whisk
- aluminum foil

Directions

- Heat oven to 375F.
- Place pizza crust on foil-covered baking sheet; top with bacon, tomatoes, vegetables and cheese.
- Beat eggs and water with whisk until well blended; carefully pour over crust.
- Bake 15 to 20 min. or until eggs are set and crust is lightly browned.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:8.6134782647309%

Nutrients (% of daily need)

Calories: 456.22kcal (22.81%), Fat: 16.19g (24.9%), Saturated Fat: 8.48g (53%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 47.77g (17.37%), Sugar: 2.13g (2.37%), Cholesterol: 201.78mg (67.26%), Sodium: 1185.69mg (51.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.29%), Calcium: 334.27mg (33.43%), Selenium: 18.28µg (26.12%), Phosphorus: 223.64mg (22.36%), Iron: 3.56mg (19.8%), Vitamin B2: 0.32mg (18.71%), Vitamin B12: 0.62µg (10.41%), Zinc: 1.38mg (9.22%), Vitamin B5: 0.82mg (8.16%), Vitamin A: 372.28IU (7.45%), Vitamin D: 0.98µg (6.53%), Fiber: 1.57g (6.3%), Folate: 24.56µg (6.14%), Vitamin B6: 0.1mg (5.14%), Vitamin E: 0.5mg (3.35%), Copper: 0.07mg (3.32%), Magnesium: 12.59mg (3.15%), Potassium: 109.68mg (3.13%), Vitamin B1: 0.03mg (1.94%), Vitamin B3: 0.35mg (1.76%)