



BLT Breakfast Pizza

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



484 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 cup cornmeal
- 0.5 cup milk
- 2 cups arugula
- 0.5 cup almonds sliced
- 1 clove garlic
- 0.3 cup parmesan cheese grated
- 0.3 cup olive oil
- 0.5 cup bacon crumbled cooked

- 10 grape tomatoes halved
- 0.3 cup parmesan cheese grated
- 4 eggs
- 2 cups frangelico

Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- Heat oven to 450°F. Lightly grease cookie sheet.
- In medium bowl, mix crust ingredients.
- Place dough on work surface, and knead a few times. Press dough into a square about 1/8 to 1/4 inch thick on cookie sheet. Prick surface of dough all over with fork.
- Bake 8 minutes.
- Remove from oven, and cool while you make pesto.
- In food processor, place arugula, almonds, garlic and 1/3 cup Parmesan cheese. Pulse a few times until everything is roughly chopped. Turn on the processor, and slowly pour in the olive oil until pesto has thickened and is pureed.
- Spread pesto evenly onto the cooked and cooled pizza crust.
- Sprinkle top of pizza with bacon, tomatoes and 1/4 cup Parmesan cheese.
- Bake 8 minutes longer.
- Crack eggs into a dish one at a time, and gently drop a single egg onto each corner of the pizza.
- Bake 6 to 8 minutes longer or until eggs reach desired doneness.
- Cut and serve immediately.

Nutrition Facts



PROTEIN 16.11% FAT 71.01% CARBS 12.88%

Properties

Glycemic Index:54.13, Glycemic Load:5.54, Inflammation Score:-7, Nutrition Score:18.20217381353%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 483.85kcal (24.19%), Fat: 38.68g (59.51%), Saturated Fat: 8.95g (55.91%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 12.73g (4.63%), Sugar: 3.63g (4.03%), Cholesterol: 194.01mg (64.67%), Sodium: 572.4mg (24.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.49%), Vitamin E: 6.46mg (43.05%), Selenium: 27.56µg (39.37%), Phosphorus: 359.41mg (35.94%), Vitamin B2: 0.48mg (28.48%), Calcium: 245.94mg (24.59%), Vitamin K: 25.6µg (24.38%), Manganese: 0.45mg (22.43%), Vitamin A: 1009.89IU (20.2%), Magnesium: 69.67mg (17.42%), Zinc: 2.55mg (17.01%), Vitamin B6: 0.31mg (15.29%), Vitamin B12: 0.91µg (15.12%), Potassium: 460.89mg (13.17%), Vitamin B1: 0.19mg (12.85%), Vitamin B3: 2.51mg (12.55%), Fiber: 3.06g (12.23%), Vitamin B5: 1.19mg (11.93%), Folate: 46.09µg (11.52%), Copper: 0.23mg (11.5%), Iron: 2.07mg (11.49%), Vitamin C: 7.56mg (9.16%), Vitamin D: 1.34µg (8.97%)