



Breakfast Pita-Pizza

READY IN



15 min.

SERVINGS



2

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach loosely packed
- 2 servings pepper black freshly ground
- 2 large eggs
- 2 servings kosher salt
- 0.3 teaspoon oregano dried
- 1 tablespoon parmesan cheese finely grated
- 2 wholewheat pita breads
- 0.3 teaspoon pepper red
- 4 ounces mozzarella cheese shredded

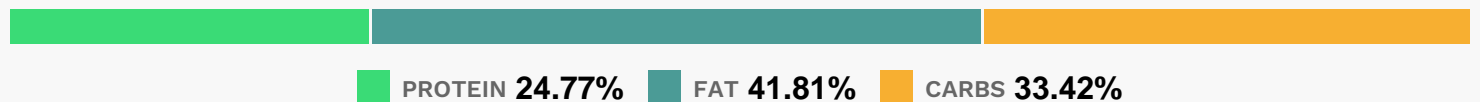
Equipment

- baking sheet
- oven
- aluminum foil
- broiler
- cutting board

Directions

- Heat the oven to broil and arrange a rack in the middle. Line a baking sheet with aluminum foil and place it under the broiler while the oven is heating. Meanwhile, place the pitas on a work surface and sprinkle with the mozzarella, oregano, and red pepper flakes. Arrange the spinach over the cheese, leaving a small nest about 1 1/2 inches wide in the center of each pita. When the oven is ready, remove the baking sheet and place the pitas on it. Crack 1 egg into the nest of each pita and season it with salt and pepper. Broil until the egg whites are set, about 6 to 7 minutes (the yolks will still be runny).
- Remove the baking sheet from the oven and transfer the pitas to a cutting board.
- Sprinkle with the Parmesan, cut each pita into 4 wedges, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:29.48, Inflammation Score:-9, Nutrition Score:19.946086655492%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 411.19kcal (20.56%), Fat: 18.91g (29.09%), Saturated Fat: 9.52g (59.52%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 32.23g (11.72%), Sugar: 0.86g (0.96%), Cholesterol: 232.97mg (77.66%), Sodium: 980.24mg (42.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.4%), Vitamin K: 75.93µg (72.31%), Vitamin A:

2160.39IU (43.21%), Calcium: 404.82mg (40.48%), Phosphorus: 378.51mg (37.85%), Selenium: 26.08µg (37.26%), Vitamin B12: 1.77µg (29.52%), Vitamin B2: 0.48mg (28.48%), Manganese: 0.47mg (23.35%), Zinc: 2.98mg (19.85%), Folate: 70.84µg (17.71%), Iron: 2.47mg (13.74%), Vitamin B1: 0.2mg (13.34%), Magnesium: 45.85mg (11.46%), Vitamin B5: 1.09mg (10.93%), Vitamin D: 1.24µg (8.26%), Vitamin B6: 0.16mg (8.22%), Copper: 0.16mg (8.12%), Potassium: 276.99mg (7.91%), Vitamin E: 1.09mg (7.28%), Vitamin B3: 1.45mg (7.24%), Fiber: 1.78g (7.12%), Vitamin C: 4.22mg (5.12%)