



Breakfast Pizza

READY IN



65 min.

SERVINGS



6

CALORIES



637 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 tablespoons butter melted
- 1 tablespoon ground cinnamon
- 1 tablespoon cup heavy whipping cream
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest (from 1 lemon)
- 2 cups mascarpone cheese
- 2 cups berries mixed
- 1 pizza dough
- 0.5 cup sugar

- 1 vanilla pod

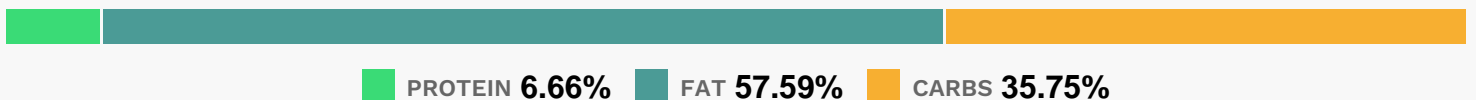
Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- wire rack
- rolling pin

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- Using a rolling pin, roll out the pizza dough to a thickness of about 1/4 inch.
- Transfer the pizza dough to the lined baking sheet and brush the dough with the melted butter.
- Sprinkle with 2 tablespoons Cinnamon-Sugar and bake until golden brown, about 10 to 15 minutes. Cool the pizza crust on a wire rack.
- Meanwhile, in a medium bowl, mix together the cheese, cream, lemon juice, and zest.
- Spread the cheese mixture over the cooled crust. Top with mixed berries and sprinkle with the remaining Cinnamon-Sugar. Slice like a pizza and serve.
- Cut the vanilla bean in half, lengthwise. Using the back of a knife, scrape along the inside of the vanilla bean to collect the seeds. Scrape vanilla bean seeds into a small bowl.
- Add sugar and cinnamon and stir to combine. Set aside in a small serving bowl.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:11.65, Inflammation Score:-6, Nutrition Score:4.6404348100009%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 636.79kcal (31.84%), Fat: 41g (63.07%), Saturated Fat: 24.51g (153.18%), Carbohydrates: 57.24g (19.08%), Net Carbohydrates: 54.11g (19.68%), Sugar: 25.28g (28.09%), Cholesterol: 87.86mg (29.29%), Sodium: 543.97mg (23.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin A: 1231.54IU (24.63%), Manganese: 0.31mg (15.51%), Calcium: 126.18mg (12.62%), Fiber: 3.13g (12.52%), Iron: 1.98mg (11.01%), Vitamin K: 9.3µg (8.85%), Vitamin C: 3.72mg (4.51%), Vitamin E: 0.42mg (2.79%), Vitamin B6: 0.04mg (1.82%), Vitamin B2: 0.03mg (1.77%), Vitamin B3: 0.3mg (1.48%), Vitamin B1: 0.02mg (1.26%), Folate: 4.98µg (1.25%), Potassium: 43.16mg (1.23%), Copper: 0.02mg (1.21%)