

Breakfast Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 servings pepper black freshly ground
- 8 large eggs
- 6 servings kosher salt
- 3 tablespoons olive oil extra-virgin
- 1 cup onion chopped
- 10 ounces pizza crust such as boboli prepared thin
- 0.5 cup cheddar shredded
- 10 ounce pkt spinach frozen dry cooked chopped

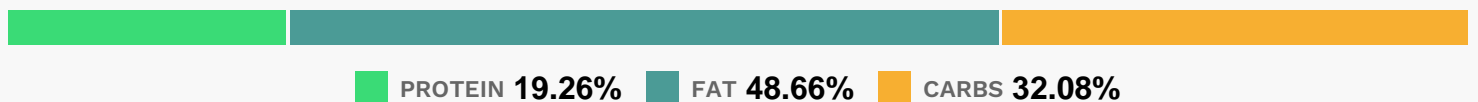
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat the oven to 450 degrees F.
- Brush the pizza crust on both sides with 1 tablespoon olive oil.
- Place crust directly onto the middle rack of the oven and bake for 10 minutes.
- While the crust is cooking, break the eggs into a bowl and add the reserved spinach liquid.
- Whisk them well and season them with salt and pepper.
- Add the remaining 2 tablespoons olive oil to a 10-inch skillet and heat over medium heat.
- Add the onions and cook until translucent, about 4 minutes.
- Add the dry spinach, breaking up the pieces, and heat through, about 2 minutes. Scrape the vegetable mixture into the eggs and beat it well to distribute the spinach evenly. Turn the heat down to low and pour the egg mixture back into the pan. Gently stir the eggs until they are just set and still moist, about 3 to 4 minutes.
- Spread the egg mixture evenly onto the baked pizza crust and top with the cheese. Return to the oven until the cheese is melted and lightly browned, about 1 minute.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:21.651739198229%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 349.1kcal (17.46%), Fat: 18.99g (29.21%), Saturated Fat: 5.97g (37.28%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 25.6g (9.31%), Sugar: 2.43g (2.7%), Cholesterol: 257.42mg (85.81%), Sodium: 636.8mg (27.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Vitamin K: 180.68µg (172.07%), Vitamin A: 5995.88IU (119.92%), Selenium: 26.11µg (37.29%), Vitamin B2: 0.46mg (27.02%), Folate: 106.91µg (26.73%), Calcium: 214.58mg (21.46%), Vitamin E: 3.16mg (21.03%), Phosphorus: 206.17mg (20.62%), Manganese: 0.4mg (19.99%), Iron: 3.47mg (19.26%), Magnesium: 48.82mg (12.21%), Vitamin B6: 0.23mg (11.67%), Vitamin B12: 0.69µg (11.55%), Vitamin B5: 1.14mg (11.4%), Fiber: 2.56g (10.25%), Zinc: 1.52mg (10.11%), Vitamin D: 1.39µg (9.27%), Potassium: 303.11mg (8.66%), Copper: 0.13mg (6.55%), Vitamin B1: 0.09mg (5.75%), Vitamin C: 4.57mg (5.54%), Vitamin B3: 0.33mg (1.63%)