






 **83%**
HEALTH SCORE

Breakfast Pizza

 Very Healthy

READY IN

95 min.

SERVINGS

2

CALORIES

2904 kcal

MORNING MEAL BRUNCH BREAKFAST LUNCH

Ingredients

- 500 grams ounces strong bread flour for dusting
- 115 gram buffalo mozzarella cheese
- 3 eggs organic
- 1 handful basil fresh roughly chopped
- 90 grams yeast dried fresh (7 gram)
- 1 clove garlic finely chopped
- 30 grams honey
- 4 field mushrooms

- 2 servings olive oil extra-virgin
- 2 tablespoons olive oil
- 14 ounce tin plum tomatoes italian canned (400 gram)
- 30 grams salt
- 2 sausages
- 2 servings sea salt and pepper black freshly ground
- 500 grams ounces semolina
- 1 pudding black
- 2 tomatoes quartered
- 5 slices back bacon
- 625 ml tepid water

Equipment

- bowl
- baking sheet
- oven
- knife
- baking pan

Directions

- To make the bread dough, first dissolve the yeast and sugar in 1/2 of the tepid water.
- Put the flour and semolina into a large bowl or on a clean surface, make a well in the centre, and pour in the yeast mixture.
- Mix together until all the yeasty liquid is soaked up, then pour in the rest of the water and gradually incorporate all the flour to make a moist dough. Knead the dough by rolling, pushing and folding it over for 5 minutes. Flour both hands, and lightly flour the top of the dough. Make it into a roundish shape and place it on a baking tray. Score it deeply with a knife, allowing it to relax and proof with ease until it's doubled in size. Ideally you want a warm, moist, draught-free place to get the wickedest proof.

- To make the tomato sauce, gently fry the garlic with the olive oil, then add the tomatoes. Bring to the boil, then simmer for 10 minutes, add the basil and season well to taste.
- When the dough has doubled in size, knock the air back by bashing it around for 1 minute.
- Now it is time to roll out your pizza into an irregular thin shape, and put it on a large baking sheet. Preheat the oven to 400 degrees F/200 Gas Mark
- Tear up the mushrooms, black pudding and bacon and put them in a bowl. Break up the sausages into little rounds like meatballs, and add to the bowl with the tomato.
- Drizzle with olive oil and season with salt and pepper.
- Spread a thin layer of tomato sauce over the pizza and scatter over your topping ingredients evenly. Tear the mozzarella over the top, then bake in the preheated oven for about 8 minutes. When the bacon looks crispy, crack on the eggs and put back in the oven until they're cooked.

Nutrition Facts

PROTEIN 16.44% **FAT 26.18%** **CARBS 57.38%**

Properties

Glycemic Index:229.55, Glycemic Load:224.73, Inflammation Score:-10, Nutrition Score:77.214347756427%

Flavonoids

Naringenin: 2.19mg, Naringenin: 2.19mg, Naringenin: 2.19mg, Naringenin: 2.19mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 2904.09kcal (145.2%), Fat: 83.74g (128.83%), Saturated Fat: 24.22g (151.35%), Carbohydrates: 412.88g (137.63%), Net Carbohydrates: 388.28g (141.19%), Sugar: 33.08g (36.75%), Cholesterol: 386.05mg (128.68%), Sodium: 7386.14mg (321.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 118.29g (236.57%), Selenium: 368.52µg (526.45%), Vitamin B1: 4.02mg (268.23%), Folate: 983.73µg (245.93%), Manganese: 4.11mg (205.34%), Vitamin B2: 2.97mg (174.85%), Vitamin B3: 34.87mg (174.35%), Calcium: 1547.79mg (154.78%), Phosphorus: 1266.83mg (126.68%), Iron: 18.77mg (104.3%), Fiber: 24.6g (98.4%), Vitamin A: 4852.48IU (97.05%), Zinc: 13.75mg (91.68%), Vitamin B5: 7.6mg (76%), Vitamin B6: 1.51mg (75.64%), Copper: 1.51mg (75.59%), Potassium: 2471.48mg (70.61%), Magnesium: 273.35mg (68.34%), Vitamin E: 8.44mg (56.24%), Vitamin C: 46.17mg (55.96%), Vitamin K: 47.88µg (45.6%), Vitamin D: 4.97µg (33.13%), Vitamin B12: 1.9µg (31.69%)