

Breakfast Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



640 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 16 ounce bread crumbs italian
- 8 bacon crumbled cooked
- 2 large eggs
- 0.3 cup basil fresh chopped
- 8 ounce pizza cheese shredded italian divided
- 0.5 cup milk
- 0.5 teaspoon pepper freshly ground
- 4 plum tomatoes sliced
- 6 servings rye flakes

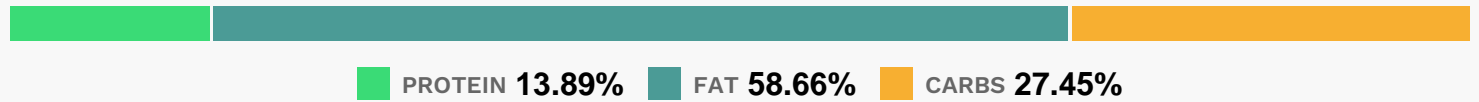
Equipment

- oven
- whisk

Directions

- Sprinkle half of cheese over bread shell; top with bacon, tomato, and pepper.
- Whisk together eggs, milk, and basil; pour in center of pizza (it will spread to edges).
- Sprinkle with remaining cheese.
- Bake at 425 for 20 minutes or until egg mixture is set.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:9.5278260707855%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 640.46kcal (32.02%), Fat: 42.24g (64.98%), Saturated Fat: 18.22g (113.9%), Carbohydrates: 44.46g (14.82%), Net Carbohydrates: 41.04g (14.92%), Sugar: 25.5g (28.33%), Cholesterol: 82.56mg (27.52%), Sodium: 565.03mg (24.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.02%), Vitamin B3: 4.87mg (24.34%), Selenium: 11.43µg (16.33%), Folate: 62.52µg (15.63%), Phosphorus: 139.96mg (14%), Fiber: 3.43g (13.7%), Vitamin B1: 0.2mg (13.5%), Vitamin B2: 0.21mg (12.29%), Iron: 2.2mg (12.24%), Calcium: 118.32mg (11.83%), Potassium: 381.2mg (10.89%), Vitamin A: 524.97IU (10.5%), Manganese: 0.15mg (7.73%), Vitamin K: 7.86µg (7.48%), Magnesium: 28.55mg (7.14%), Vitamin C: 5.84mg (7.08%), Vitamin B6: 0.14mg (6.85%), Vitamin B12: 0.37µg (6.24%), Zinc: 0.91mg (6.08%), Vitamin B5: 0.51mg (5.07%), Vitamin D: 0.6µg (4%), Vitamin E: 0.48mg (3.18%), Copper: 0.06mg (3.04%)