



Breakfast Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



637 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 16 ounce bread crumbs italian
- ☐ 8 slices 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

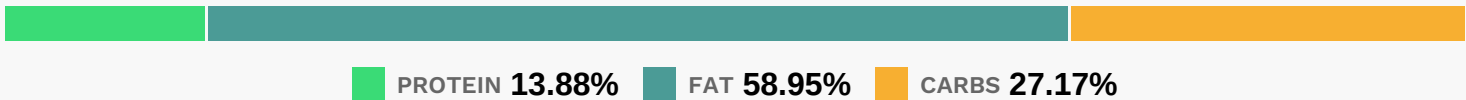
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Sprinkle half of cheese over Italian bread shell; top with bacon, tomatoes, 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 set.
- ☐ NOTE: This recipe works equally well using 2% reduced-fat cheese, turkey bacon, egg substitute, and fat-free milk.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:9.1469565163488%

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: 637.22kcal (31.86%), Fat: 42.21g (64.94%), Saturated Fat: 18.22g (113.88%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 40.58g (14.76%), Sugar: 25.49g (28.32%), Cholesterol: 82.56mg (27.52%), Sodium: 565.02mg (24.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.74%), Vitamin B3: 4.81mg (24.06%), Selenium: 10.92µg (15.6%), Folate: 62.37µg (15.59%), Phosphorus: 133.64mg (13.36%), Vitamin B1: 0.2mg (13.3%), Fiber: 3.2g (12.8%), Vitamin B2: 0.21mg (12.11%), Iron: 2.14mg (11.89%), Calcium: 117.76mg (11.78%), Potassium: 373.9mg (10.68%), Vitamin A: 524.85IU (10.5%), Vitamin K: 7.8µg (7.43%), Vitamin C: 5.84mg (7.08%), Vitamin B6: 0.13mg (6.65%), Magnesium: 26.07mg (6.52%), Vitamin B12: 0.37µg (6.24%), Zinc: 0.86mg (5.71%), Vitamin B5: 0.49mg (4.92%), Manganese: 0.09mg (4.38%), Vitamin D: 0.6µg (4%), Vitamin E: 0.46mg (3.09%), Copper: 0.05mg (2.69%)