



Breakfast Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 16 ounce bread italian
- 2 tablespoons canola oil divided
- 0.3 teaspoon chili powder
- 1 cup egg substitute
- 2 tablespoons skim milk fat-free
- 1 garlic clove minced
- 2 spring onion chopped
- 0.3 teaspoon ground cumin
- 2 cups hash browns shredded frozen

- 1 tablespoon jalapeno finely chopped
- 0.8 cup cheddar cheese shredded reduced-fat
- 2 tablespoons bell pepper diced sweet red
- 0.5 cup salsa
- 0.3 teaspoon salt

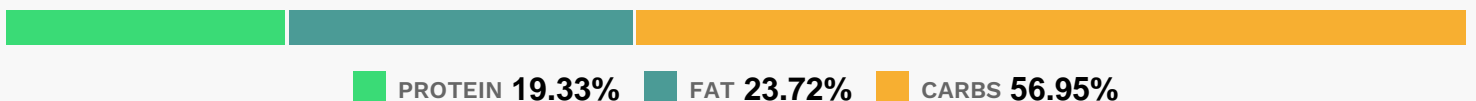
Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- In a nonstick skillet, cook hash browns, cumin and chili powder in 1 tablespoon oil over medium heat until golden.
- Remove and keep warm. In a bowl, beat egg substitute, milk and salt; set aside. In the same skillet, saute the onions, peppers and garlic in remaining oil until tender.
- Add egg mixture. Cook and stir over medium heat until almost set.
- Remove from the heat.
- Place crust on an ungreased 14-in. pizza pan.
- Spread salsa over crust. Top with egg mixture.
- Sprinkle with hash browns and cheese.
- Bake at 375 degrees F for 8-10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:31.74, Glycemic Load:17.32, Inflammation Score:-5, Nutrition Score:14.579565359199%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 271.14kcal (13.56%), Fat: 7.21g (11.1%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 35.47g (12.9%), Sugar: 4.97g (5.52%), Cholesterol: 2.34mg (0.78%), Sodium: 586.9mg (25.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.46%), Selenium: 30.73µg (43.9%), Manganese: 0.79mg (39.61%), Vitamin B1: 0.33mg (22.26%), Vitamin B3: 4.35mg (21.76%), Iron: 3.38mg (18.78%), Phosphorus: 183.18mg (18.32%), Vitamin B2: 0.31mg (18.03%), Calcium: 155.55mg (15.55%), Folate: 60.52µg (15.13%), Fiber: 3.51g (14.04%), Vitamin C: 10.76mg (13.05%), Vitamin K: 12.83µg (12.22%), Vitamin B5: 1.22mg (12.16%), Potassium: 370.34mg (10.58%), Vitamin B6: 0.21mg (10.34%), Vitamin E: 1.55mg (10.32%), Magnesium: 39.68mg (9.92%), Zinc: 1.27mg (8.44%), Copper: 0.16mg (8.07%), Vitamin A: 318.49IU (6.37%), Vitamin D: 0.53µg (3.55%), Vitamin B12: 0.18µg (2.93%)