



Breakfast Pizza from Pillsbury® Artisan Pizza Crust

READY IN



30 min.

SERVINGS



6

CALORIES



545 kcal

CRUST

Ingredients

- 0.5 cup bacon coarsely chopped
- 4 ounces cream cheese cut into small pieces
- 6 eggs beaten
- 2 cups monterrey jack cheese shredded with jalapeno peppers
- 13.8 ounce artisan pizza crust whole refrigerated with grain pillsbury® canned
- 0.5 cup bell pepper red sliced
- 0.3 cup onion red thinly sliced
- 6 servings salsa old el paso®

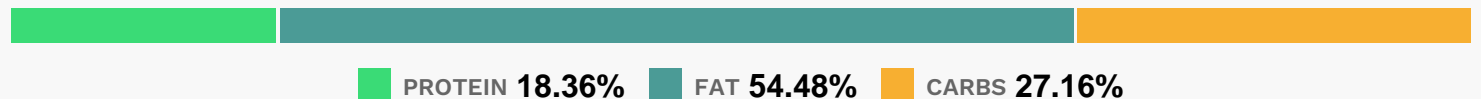
Equipment

- frying pan
- oven
- pizza pan

Directions

- Heat oven to 400 degrees F for dark or nonstick pan (425 degrees F for all other pans). Spray 14-inch round pizza pan with cooking spray.
- Unroll dough; place on pan. Starting at center, press out dough to edge of pan.
- Bake about 8 minutes or until crust edge begins to set.
- Meanwhile, in 10-inch skillet, cook bacon 4 to 6 minutes over medium-high heat or until just crispy, stirring frequently.
- Remove bacon; drain drippings, leaving 1 teaspoon in skillet.
- In same skillet, add eggs; cook 2 to 3 minutes, stirring frequently, until firm but still moist.
- Spoon and spread eggs over crust. Drop cream cheese over eggs. Top with Monterey Jack cheese, bell pepper, onion and bacon.
- Bake 9 to 13 minutes longer or until crust is golden brown and cheese is melted. To serve, cut into 6 wedges.
- Sprinkle with cilantro, and serve with salsa.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:14.0452175866%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 544.78kcal (27.24%), Fat: 32.99g (50.75%), Saturated Fat: 16.51g (103.17%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 35.07g (12.75%), Sugar: 4.07g (4.52%), Cholesterol: 229.3mg (76.43%), Sodium: 1034.8mg (44.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.01%), Calcium: 395.58mg (39.56%), Selenium: 24.89µg (35.56%), Phosphorus: 318.37mg (31.84%), Vitamin A: 1330.87IU (26.62%), Vitamin B2: 0.43mg (25.29%), Vitamin C: 16.99mg (20.6%), Iron: 3.12mg (17.32%), Zinc: 2.13mg (14.21%), Vitamin B12: 0.84µg (14.07%), Vitamin B6: 0.27mg (13.4%), Vitamin B5: 1.08mg (10.83%), Folate: 37.42µg (9.35%), Vitamin E: 1.4mg (9.3%), Vitamin D: 1.18µg (7.9%), Potassium: 273.71mg (7.82%), Fiber: 1.93g (7.74%), Vitamin B1: 0.1mg (6.87%), Vitamin B3: 1.37mg (6.83%), Magnesium: 26.47mg (6.62%), Copper: 0.08mg (4.05%), Manganese: 0.08mg (3.97%), Vitamin K: 3.45µg (3.29%)