



Cheap-as-chips veggie pizza

READY IN



40 min.

SERVINGS



5

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g passata
- ☐ 5 flatbreads
- ☐ 0.5 spinach frozen
- ☐ 1 garlic clove chopped
- ☐ 3 balls mozzarella cheese dry
- ☐ 5 medium eggs
- ☐ 5 servings nutmeg freshly grated
- ☐ 1 small bunch basil
- ☐ 5 servings parmesan shaved (or vegetarian alternative)

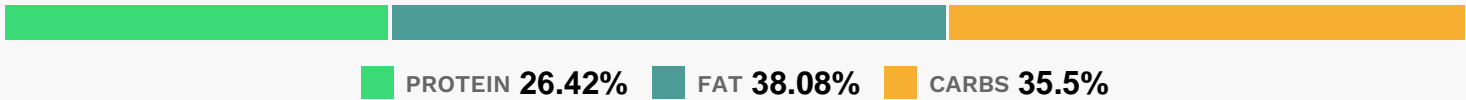
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to as high as it will go.
- ☐ Spread 1-2 tbsp of passata over each flatbread. Squeeze as much water as you can from the spinach (this will prevent your pizzas from being soggy), then scatter on top, leaving a gap in the centre. Divide the garlic and mozzarella between the pizzas, seasoning generously as you go.
- ☐ You will probably only be able to bake 2 pizzas at a time. So put 2 on a baking tray, carefully crack an egg into the middle of each, and season with nutmeg and some of the basil.
- ☐ Bake for 7 mins until the cheese has melted and the egg is cooked to your liking.
- ☐ Repeat with the remaining pizzas and ingredients.
- ☐ Serve, garnished with a little more basil and some Parmesan.
- ☐ Cut into slices and share between everyone.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:17.66652190167%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 314.11kcal (15.71%), Fat: 13.58g (20.89%), Saturated Fat: 6.99g (43.71%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 24.82g (9.03%), Sugar: 4.07g (4.52%), Cholesterol: 184.55mg (61.52%), Sodium: 727mg (31.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.38%), Selenium: 38.37µg (54.81%), Manganese: 0.87mg (43.46%), Calcium: 403.8mg (40.38%), Phosphorus: 391.57mg (39.16%), Vitamin B2: 0.37mg

(21.74%), Iron: 3.08mg (17.1%), Vitamin A: 778.18IU (15.56%), Magnesium: 60.31mg (15.08%), Copper: 0.3mg (15.04%), Zinc: 2.23mg (14.84%), Fiber: 3.66g (14.63%), Vitamin B6: 0.27mg (13.6%), Vitamin B5: 1.33mg (13.27%), Vitamin B12: 0.77µg (12.75%), Vitamin B1: 0.18mg (12.26%), Folate: 43.99µg (11%), Vitamin E: 1.58mg (10.52%), Potassium: 346.85mg (9.91%), Vitamin B3: 1.88mg (9.41%), Vitamin K: 9.6µg (9.14%), Vitamin D: 1.03µg (6.88%), Vitamin C: 4.78mg (5.79%)