



## Cheesy Morning Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 4 eggs
- 0.3 cup green onions divided sliced
- 1 Tbsp olive oil
- 1 plum tomatoes sliced
- 1 lb pizza dough refrigerated
- 1.5 cups sharp cheddar cheese shredded divided kraft

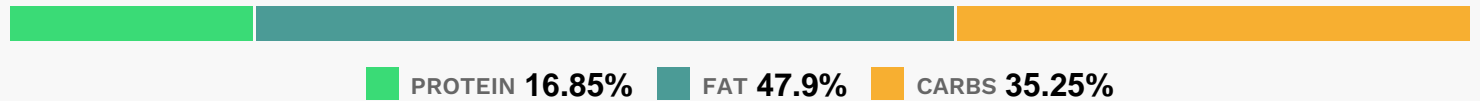
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Pat and stretch dough into 14x6-inch rustic rectangle on baking sheet sprayed with cooking spray; brush with oil.
- Top with 1 cup cheese and half the onions, leaving 4 (3-inch) areas of dough untopped. (Eggs will be added here.) Crack eggs, 1 at a time, into small bowl, then slip onto dough. Top dough with tomatoes, bacon, remaining cheese and onions, being careful to avoid topping the eggs.
- Bake 23 to 25 min. or until crust is golden brown and eggs are done.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:9.1291305552358%

## Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 428.6kcal (21.43%), Fat: 22.92g (35.27%), Saturated Fat: 9.2g (57.51%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 36.56g (13.29%), Sugar: 5.29g (5.88%), Cholesterol: 147.05mg (49.02%), Sodium: 871.53mg (37.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.29%), Selenium: 19.98µg (28.54%), Calcium: 221.94mg (22.19%), Phosphorus: 213.12mg (21.31%), Vitamin B2: 0.28mg (16.29%), Iron: 2.78mg (15.46%), Vitamin K: 14.49µg (13.8%), Vitamin A: 588.36IU (11.77%), Zinc: 1.63mg (10.85%), Vitamin B12: 0.63µg (10.56%), Vitamin E: 1.01mg (6.7%), Vitamin B5: 0.66mg (6.61%), Folate: 24.82µg (6.21%), Vitamin B6: 0.12mg (6%), Fiber: 1.4g (5.61%), Vitamin D: 0.81µg (5.43%), Vitamin B1: 0.07mg (4.49%), Magnesium: 15.16mg (3.79%), Potassium: 131.12mg (3.75%), Vitamin B3: 0.72mg (3.59%), Vitamin C: 2.46mg (2.98%), Copper: 0.05mg (2.37%), Manganese: 0.03mg (1.67%)