



Cheesy Morning Pizza

READY IN



40 min.

SERVINGS



40

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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:2.42, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.3691304390845%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 64.29kcal (3.21%), Fat: 3.44g (5.29%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.48g (1.99%), Sugar: 0.79g (0.88%), Cholesterol: 22.06mg (7.35%), Sodium: 130.73mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Selenium: 3µg (4.28%), Calcium: 33.29mg (3.33%), Phosphorus: 31.97mg (3.2%), Vitamin B2: 0.04mg (2.44%), Iron: 0.42mg (2.32%), Vitamin K: 2.17µg (2.07%), Vitamin A: 88.25IU (1.77%), Zinc: 0.24mg (1.63%), Vitamin B12: 0.1µg (1.58%), Vitamin E: 0.15mg (1.01%)