



Cheesy Scramblin' Pizza

READY IN



20 min.

SERVINGS



20

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon fully cooked cut into 1-inch pieces
- 6 eggs
- 2 green onions sliced
- 0.3 cup milk
- 1 ready-to-use baked pizza crust
- 1 small tomatoes chopped
- 8 oz velveeta cut into 1/2-inch cubes
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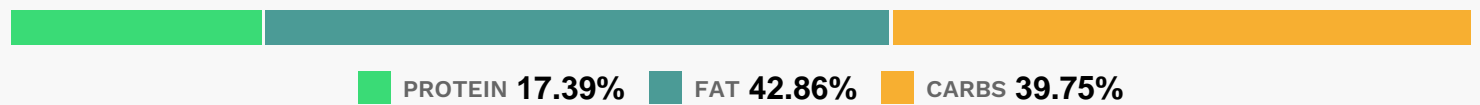
Equipment

- frying pan
- baking sheet
- oven
- whisk

Directions

- Heat oven to 450F.
- Whisk eggs and milk until well blended. Stir in onions and tomatoes; pour into nonstick skillet sprayed with cooking spray. Cook on medium-low heat 5 min. or until eggs are set, stirring occasionally.
- Place crust on baking sheet; top with egg mixture, VELVEETA and bacon.
- Bake 10 min. or until pizza is heated through and VELVEETA is melted.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.3273913082869%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 103.43kcal (5.17%), Fat: 4.88g (7.51%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.8g (3.56%), Sugar: 0.64g (0.71%), Cholesterol: 53.83mg (17.94%), Sodium: 169.01mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Selenium: 5.44µg (7.78%), Iron: 0.83mg (4.59%), Vitamin B2: 0.07mg (4.22%), Phosphorus: 40.26mg (4.03%), Calcium: 30.79mg (3.08%), Vitamin B12: 0.17µg (2.78%), Vitamin K: 2.89µg (2.75%), Vitamin A: 128.53IU (2.57%), Vitamin B5: 0.26mg (2.55%), Vitamin B6: 0.05mg (2.31%), Vitamin D: 0.32µg (2.16%), Folate: 7.65µg (1.91%), Vitamin B1: 0.03mg (1.84%), Zinc: 0.27mg (1.82%), Vitamin B3: 0.31mg (1.56%), Fiber: 0.38g (1.54%), Potassium: 49.95mg (1.43%), Vitamin E: 0.2mg (1.33%), Vitamin C: 0.85mg

(1.03%)