



Cook the Book: Egg Pizza

 **Gluten Free**

READY IN



45 min.

SERVINGS



2

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ghee
- ☐ 4 extra large eggs beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup tomatoes
- ☐ 1 cup mozzarella cheese grated (if you really like cheesy pizza; 3 ounces)
- ☐ 2 servings olive oil good for drizzling
- ☐ 1 pinch oregano dried
- ☐ 0.3 cup parmesan cheese grated

- ☐ 2 servings salt and pepper
- ☐ 2 servings frangelico
- ☐ 2 servings frangelico

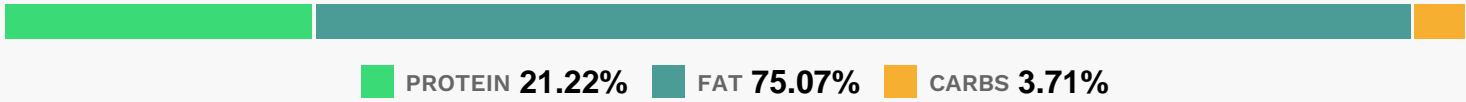
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Leaving the pizza in the pan, place it under the broiler until the cheese is done to the point where you like your melted cheese. Some people like it melted but still white. Some like little brown bubbles on the surface. And some people like to go even further: they like their melted cheese really browned and crispy. My personal favorite way to eat melted cheese is when there are little dots of brown all over, just like little dots on a banana.
- ☐ Remove and serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:21.550000004146%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 578.45kcal (28.92%), Fat: 48.24g (74.21%), Saturated Fat: 19.4g (121.24%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.11g (2.34%), Cholesterol: 490.95mg (163.65%), Sodium: 1069.43mg (46.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Selenium: 48.47µg (69.24%), Phosphorus: 508.75mg (50.88%), Calcium: 464.13mg (46.41%), Vitamin B2: 0.74mg (43.27%), Vitamin K: 44.23µg (42.13%), Vitamin B12: 2.44µg (40.71%), Vitamin A: 1393.42IU (27.87%), Vitamin E: 3.83mg (25.52%), Zinc: 3.71mg (24.75%), Vitamin B5: 1.94mg (19.4%), Vitamin D: 2.53µg (16.84%), Folate: 63.22µg (15.81%), Iron: 2.78mg (15.44%),

Vitamin B6: 0.25mg (12.68%), Potassium: 322.97mg (9.23%), Magnesium: 34.75mg (8.69%), Copper: 0.13mg (6.52%), Vitamin C: 4.8mg (5.82%), Vitamin B1: 0.07mg (4.94%), Manganese: 0.1mg (4.89%), Vitamin B3: 0.48mg (2.42%), Fiber: 0.55g (2.19%)