



Crispy Breakfast Pita

READY IN



20 min.

SERVINGS



6

CALORIES



489 kcal

Ingredients

- 3 ounces baby spinach packed
- 6 large eggs
- 6 servings kosher salt and pepper black freshly ground
- 3 tablespoons juice of lemon fresh
- 0.5 large lemon zest grated
- 6 ounces mascarpone cheese
- 6 servings olive oil extra-virgin
- 6 6-inch pita breads
- 8 ounces pancetta thinly sliced

Equipment

- bowl
- frying pan
- whisk
- grill
- grill pan

Directions

- Heat a grill pan over medium-high heat or preheat a gas or charcoal grill.
- Brush each side of the pita breads with 1/2 teaspoon olive oil and grill 2 to 3 minutes on each side, until crisp.
- Remove from the grill and cool slightly. In a large skillet, heat 1 tablespoon olive oil over medium-high heat. Crack the eggs directly into the pan and cook until the egg whites are set, 2 to 3 minutes.
- Combine the mascarpone cheese, lemon zest, 1/2 teaspoon salt and 1/2 teaspoon pepper in a small bowl. In a medium bowl, whisk together 3 tablespoons olive oil, the lemon juice, 1 teaspoon salt and 1/2 teaspoon pepper until smooth.
- Add the arugula and toss until coated.
- Spread each pita with 2 tablespoons of the mascarpone mixture. Divide the prosciutto on top. Divide the arugula and mound on top of the prosciutto. Carefully place a fried egg on top of each pita. Season the eggs with a pinch of salt and pepper, and serve.
- Photograph by Kat Teutsch

Nutrition Facts

 PROTEIN 11.18%  FAT 86.23%  CARBS 2.59%

Properties

Glycemic Index:26.83, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:14.362173733504%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 488.6kcal (24.43%), Fat: 46.6g (71.7%), Saturated Fat: 16.48g (102.97%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.46g (0.51%), Cholesterol: 239.3mg (79.77%), Sodium: 353.79mg (15.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.19%), Vitamin K: 77.21µg (73.53%), Vitamin A: 2011.29IU (40.23%), Selenium: 23.11µg (33.01%), Vitamin E: 3mg (20.03%), Vitamin B2: 0.29mg (16.98%), Phosphorus: 162.16mg (16.22%), Folate: 52.82µg (13.21%), Vitamin B6: 0.22mg (10.91%), Vitamin B12: 0.63µg (10.57%), Vitamin B5: 1mg (10.02%), Vitamin B1: 0.14mg (9.35%), Vitamin C: 7.53mg (9.13%), Calcium: 86.18mg (8.62%), Iron: 1.53mg (8.48%), Vitamin B3: 1.69mg (8.46%), Manganese: 0.16mg (8.19%), Zinc: 1.18mg (7.87%), Vitamin D: 1.15µg (7.67%), Potassium: 234.13mg (6.69%), Magnesium: 22.69mg (5.67%), Copper: 0.08mg (3.75%), Fiber: 0.43g (1.74%)