



Egg and Spinach Pizza

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 3 eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 oz pizza cheese shredded
- ☐ 0.3 cup ricotta cheese
- ☐ 13.2 oz bread crumbs refrigerated french pillsbury® simply® canned
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup pkt spinach fresh chopped

☐ 0.3 cup tomatoes diced

Equipment

☐ baking sheet

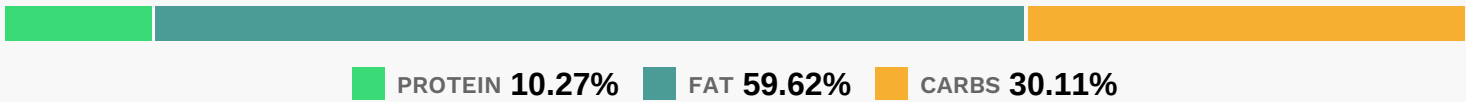
☐ oven

☐ cutting board

Directions

- ☐ Heat oven to 400°F.
- ☐ On large ungreased cookie sheet, press dough into 14x6-inch rectangle.
- ☐ Brush with melted butter.
- ☐ Sprinkle with garlic powder.
- ☐ Spread evenly with ricotta cheese. Top with spinach and shredded cheese. Make three small wells going down middle of pizza and gently break an egg into each well. Season with salt and pepper.
- ☐ Bake 12 to 18 minutes or until crust is golden, cheese is melted and egg yolks are cooked.
- ☐ Remove pizza to cutting board. Top with tomatoes.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:9.7404347969138%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 669.94kcal (33.5%), Fat: 44.59g (68.6%), Saturated Fat: 22.65g (141.58%), Carbohydrates: 50.68g (16.89%), Net Carbohydrates: 47.19g (17.16%), Sugar: 29.34g (32.6%), Cholesterol: 141.02mg (47.01%), Sodium:

653.73mg (28.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.27g (34.55%), Vitamin B3: 4.34mg (21.68%), Folate: 85.17µg (21.29%), Vitamin K: 19.36µg (18.44%), Selenium: 12.5µg (17.85%), Vitamin B2: 0.28mg (16.21%), Vitamin A: 763.85IU (15.28%), Iron: 2.74mg (15.23%), Fiber: 3.49g (13.94%), Phosphorus: 130.13mg (13.01%), Vitamin B1: 0.15mg (10.24%), Potassium: 310.94mg (8.88%), Calcium: 84.67mg (8.47%), Magnesium: 25.78mg (6.44%), Vitamin B12: 0.35µg (5.87%), Zinc: 0.84mg (5.58%), Vitamin B5: 0.55mg (5.55%), Vitamin D: 0.69µg (4.61%), Vitamin B6: 0.08mg (4.04%), Vitamin E: 0.57mg (3.82%), Manganese: 0.06mg (2.84%), Vitamin C: 2.33mg (2.83%), Copper: 0.04mg (1.93%)