



Egg, Ham and Spinach Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces baby spinach leaves thinly sliced
- 4 eggs
- 3 cloves garlic thinly sliced
- 2 teaspoons olive oil
- 1.5 ounces parmesan grated
- 1 baked thin-crust pizza shell whole-wheat , such as boboli store-bought
- 3 ounces prosciutto di parma thinly sliced

Equipment

baking sheet

oven

Directions

Watch how to make this recipe.

Preheat oven to 450 degrees F.

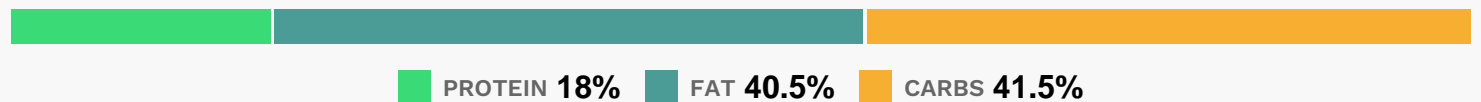
Place the pizza shell on a cookie sheet. Scatter spinach all over crust.

Drizzle with oil. Evenly distribute prosciutto, Parmesan and garlic on top of spinach. Crack eggs onto pizza, roughly positioning 1 yolk on each pizza quarter.

Bake for 12–15 minutes, until spinach is wilted and egg whites are just fully cooked.

Cut into 4 large slices.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:18.425652213719%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 490.8kcal (24.54%), Fat: 21.99g (33.82%), Saturated Fat: 8.49g (53.07%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 48.53g (17.65%), Sugar: 1.88g (2.09%), Cholesterol: 184.94mg (61.65%), Sodium: 921.36mg (40.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.98g (43.96%), Vitamin K: 138.48µg (131.89%), Vitamin A: 2987.03IU (59.74%), Selenium: 20.78µg (29.68%), Calcium: 273.72mg (27.37%), Iron: 4.45mg (24.75%), Phosphorus: 208.85mg (20.89%), Folate: 76.49µg (19.12%), Vitamin B2: 0.31mg (18.21%), Manganese: 0.31mg (15.44%), Vitamin B6: 0.22mg (11.21%), Vitamin C: 8.67mg (10.51%), Vitamin B12: 0.63µg (10.42%), Vitamin E: 1.44mg (9.61%), Magnesium: 35.47mg (8.87%), Vitamin B5: 0.87mg (8.73%), Fiber: 2.17g (8.66%), Zinc: 1.29mg (8.58%), Potassium: 279.83mg (8%), Vitamin B1: 0.11mg (7.14%), Vitamin D: 1.02µg (6.79%), Vitamin B3: 1.14mg (5.69%), Copper: 0.09mg (4.38%)