



Eggs and Bacon Breakfast Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



412 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 large eggs
- ☐ 2 tablespoons chives fresh minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.7 cup part-skim mozzarella cheese shredded
- ☐ 12 ounces pizza dough fresh refrigerated
- ☐ 3 bacon crumbled cooked

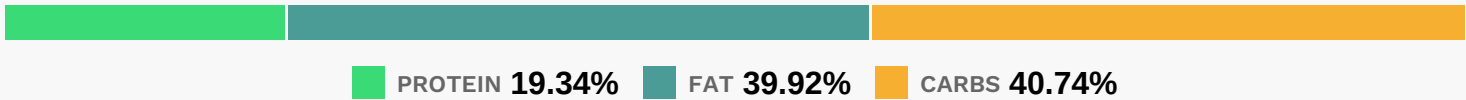
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Let dough stand at room temperature for 30 minutes.
- ☐ Roll dough into a 14-inch circle on a floured surface; pierce entire surface liberally with a fork. Carefully remove pizza stone from oven. Arrange dough on pizza stone.
- ☐ Brush oil over dough. Top evenly with mozzarella cheese and bacon. Crack eggs over top of pizza; sprinkle evenly with Parmesan cheese.
- ☐ Bake at 500 for 8 minutes or until crust is browned and crisp.
- ☐ Sprinkle with chives and parsley.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:10.622173884641%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 412.21kcal (20.61%), Fat: 18.29g (28.14%), Saturated Fat: 6.64g (41.49%), Carbohydrates: 42g (14%), Net Carbohydrates: 40.62g (14.77%), Sugar: 5.71g (6.35%), Cholesterol: 209.92mg (69.97%), Sodium: 933.74mg (40.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.94g (39.88%), Vitamin K: 37.07µg (35.3%), Selenium: 21.81µg (31.15%), Phosphorus: 219.14mg (21.91%), Iron: 3.44mg (19.11%), Calcium: 190mg (19%), Vitamin B2: 0.31mg (18.02%), Vitamin A: 610.48IU (12.21%), Vitamin B12: 0.7µg (11.62%), Zinc: 1.44mg (9.59%), Vitamin B5: 0.89mg (8.9%), Vitamin D: 1.13µg (7.52%), Folate: 29.87µg (7.47%), Vitamin B6: 0.15mg (7.34%), Fiber: 1.38g (5.52%), Vitamin E: 0.79mg (5.27%), Vitamin B1: 0.07mg (4.81%), Vitamin C: 3.53mg (4.28%), Potassium: 135.18mg (3.86%), Vitamin B3: 0.76mg (3.79%), Magnesium: 14.34mg (3.59%), Copper: 0.05mg (2.67%), Manganese: 0.03mg (1.38%)