



English-Muffin Breakfast Pizza

READY IN



17 min.

SERVINGS



1

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 ounce canadian bacon diced thin
- ☐ 1 muffin whole-wheat split english
- ☐ 1 serving basil fresh chopped for garnish
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.3 cup part-skim mozzarella cheese shredded
- ☐ 1 small tomatoes diced seeded

Equipment

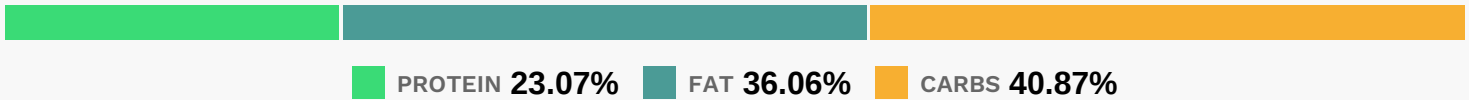
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 450 degrees. Line a small baking sheet with foil.
- ☐ Place the English muffin halves cut-side up on the baking sheet. Top each with tomato and drizzle with the olive oil.
- ☐ Sprinkle the Canadian bacon over the tomatoes, then top with the mozzarella.
- ☐ Bake for 10 to 12 minutes, or until the cheese is melted and beginning to brown.
- ☐ Sprinkle with basil.
- ☐ Photograph by Kate Mathis

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:0.94, Inflammation Score:-7, Nutrition Score:17.672174059826%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 261.28kcal (13.06%), Fat: 10.84g (16.67%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 22.69g (8.25%), Sugar: 7.33g (8.14%), Cholesterol: 25.01mg (8.34%), Sodium: 513.65mg (22.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Manganese: 1.15mg (57.65%), Selenium: 30.55µg (43.65%), Calcium: 383.82mg (38.38%), Phosphorus: 347.78mg (34.78%), Vitamin B1: 0.32mg (21.12%), Vitamin A: 1001.06IU (20.02%), Fiber: 4.94g (19.77%), Vitamin K: 18.92µg (18.01%), Vitamin B3: 3.41mg (17.07%), Vitamin C: 12.83mg (15.55%), Magnesium: 60.61mg (15.15%), Zinc: 2.05mg (13.68%), Vitamin B2: 0.21mg (12.23%), Vitamin B6: 0.24mg (12.18%), Potassium: 413.59mg (11.82%), Folate: 46.03µg (11.51%), Iron: 1.89mg (10.48%), Copper: 0.2mg (9.78%), Vitamin E: 1.39mg (9.24%), Vitamin B5: 0.58mg (5.77%), Vitamin B12: 0.32µg (5.41%), Vitamin D: 0.48µg (3.21%)