



English Muffin Breakfast Pizzas

READY IN



20 min.

SERVINGS



4

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 teaspoons soybean oil
- 2 tablespoons finely-chopped ham cooked chopped
- 1 cup eggs fat-free
- 2 muffins whole wheat split english toasted
- 0.3 cup skim milk fat-free (skim)
- 2 oz cheddar cheese shredded reduced-fat
- 2 tablespoons onion chopped
- 1 Dash pepper
- 2 tablespoons bell pepper red chopped

1 Dash salt

Equipment

bowl

frying pan

whisk

spatula

Directions

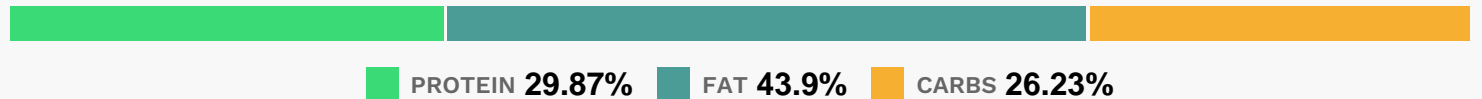
In small bowl, beat egg product, milk, salt and pepper with wire whisk or fork until well blended.

In 10-inch nonstick skillet, heat oil over medium heat. Cook onion, bell pepper and ham in oil 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender.

Pour egg mixture into skillet. As eggs begin to set at bottom and side, gently lift cooked portions with spatula so that uncooked egg can flow to bottom. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist; stir cheese into eggs.

Spoon egg mixture evenly over muffin halves.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:13.389565198318%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 208.63kcal (10.43%), Fat: 10.21g (15.71%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 11.64g (4.23%), Sugar: 3.78g (4.21%), Cholesterol: 234.82mg (78.27%), Sodium: 378.51mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Selenium: 33.99µg (48.56%), Phosphorus: 309.93mg (30.99%), Manganese: 0.55mg (27.34%), Vitamin B2: 0.39mg (23.05%), Calcium: 190.62mg

(19.06%), Vitamin B12: 0.8µg (13.39%), Vitamin B5: 1.3mg (12.96%), Folate: 47.7µg (11.92%), Zinc: 1.75mg (11.68%), Vitamin B1: 0.16mg (10.94%), Vitamin A: 535.88IU (10.72%), Iron: 1.92mg (10.65%), Vitamin B6: 0.2mg (10.18%), Vitamin C: 8.04mg (9.75%), Vitamin D: 1.4µg (9.32%), Magnesium: 34.28mg (8.57%), Fiber: 2.1g (8.39%), Vitamin E: 1.02mg (6.81%), Vitamin B3: 1.36mg (6.79%), Potassium: 216.83mg (6.2%), Copper: 0.12mg (5.95%), Vitamin K: 4.98µg (4.74%)