



## English-Muffin Egg Pizzas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 muffins
- 4 hardboiled eggs sliced
- 4 servings kosher salt
- 4 servings mozzarella cheese grated
- 4 servings olive oil
- 4 servings oregano
- 8 slices tomato

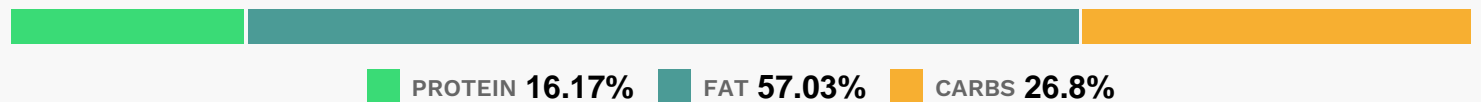
### Equipment

baking sheet

## Directions

- Toast English-muffin halves and place on a cookie sheet.
- Drizzle each with olive oil, then layer on tomato slices, hard-cooked egg slices (1/2 an egg each), and a little grated mozzarella.
- Sprinkle with oregano and kosher salt. Broil 5 minutes or until the cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:18.71, Inflammation Score:-8, Nutrition Score:11.939130542071%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 422.22kcal (21.11%), Fat: 26.64g (40.98%), Saturated Fat: 7.41g (46.32%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 26.17g (9.52%), Sugar: 0.94g (1.05%), Cholesterol: 208.62mg (69.54%), Sodium: 696.46mg (30.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.99%), Selenium: 20.21µg (28.86%), Phosphorus: 262.89mg (26.29%), Vitamin B2: 0.43mg (25.25%), Calcium: 212.47mg (21.25%), Vitamin B12: 1.22µg (20.27%), Vitamin E: 2.78mg (18.52%), Vitamin K: 15.6µg (14.85%), Manganese: 0.28mg (13.88%), Folate: 47.72µg (11.93%), Zinc: 1.77mg (11.82%), Vitamin B5: 1mg (10.04%), Vitamin B1: 0.15mg (9.81%), Vitamin A: 482.95IU (9.66%), Iron: 1.68mg (9.33%), Vitamin D: 1.21µg (8.08%), Fiber: 1.99g (7.95%), Magnesium: 25.5mg (6.37%), Vitamin B6: 0.11mg (5.37%), Vitamin B3: 1.01mg (5.06%), Potassium: 176.47mg (5.04%), Copper: 0.09mg (4.54%)