



Florentine pizza

READY IN



30 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings uncook pizza crust bought
- ☐ 6 tbsp tomato sauce (we used Loyd Grossman's Tomato and Chilli)
- ☐ 175 g pkt spinach washed
- ☐ 290 g mushrooms
- ☐ 50 g parmesan finely grated (or vegetarian alternative)
- ☐ 4 medium eggs (large may overflow)

Equipment

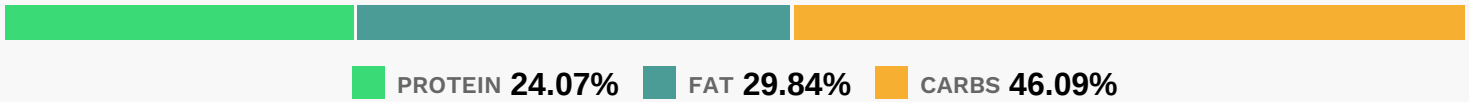
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ To prepare the pizza, preheat the oven to 200C/Gas 6/fan 180C.
- ☐ Put the pizza base on a baking sheet and spread with the sauce.
- ☐ To cook the spinach, put it in a microwavable bowl, cover with cling film and pierce it a couple of times. Put in the microwave on High (850W) for 2 minutes until wilted (or cook in a covered pan for 2–3 minutes).
- ☐ Drain and spread the spinach over the pizza base, then get the mushrooms out of the jar with a fork and scatter them over the top. Season and sprinkle with half the parmesan.
- ☐ Bake for 10 minutes.
- ☐ Make four dips in the spinach with the back of a spoon, and crack an egg into each.
- ☐ Sprinkle with the remaining cheese and bake for a further 6– 8 minutes, until the eggs are just set.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:24.743043443431%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 323.33kcal (16.17%), Fat: 10.89g (16.76%), Saturated Fat: 5g (31.25%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 34.84g (12.67%), Sugar: 3.68g (4.09%), Cholesterol: 172.18mg (57.39%), Sodium: 757.57mg (32.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.55%), Vitamin K: 212.29µg (202.18%), Vitamin A: 4535.09IU (90.7%), Vitamin B2: 0.63mg (37.14%), Selenium: 23.64µg (33.76%), Folate: 120.78µg

(30.19%), Calcium: 281.27mg (28.13%), Phosphorus: 263.73mg (26.37%), Iron: 4.43mg (24.62%), Manganese: 0.47mg (23.27%), Vitamin B5: 1.91mg (19.14%), Vitamin C: 15.39mg (18.66%), Potassium: 613.72mg (17.53%), Copper: 0.35mg (17.45%), Vitamin B3: 3.22mg (16.12%), Magnesium: 55.24mg (13.81%), Vitamin B6: 0.27mg (13.45%), Fiber: 3.02g (12.09%), Vitamin E: 1.71mg (11.39%), Zinc: 1.57mg (10.46%), Vitamin B12: 0.57µg (9.51%), Vitamin B1: 0.12mg (8.05%), Vitamin D: 1.09µg (7.25%)