



Full English pizza

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pack bread mix
- ☐ 4 servings little sunflower oil
- ☐ 6 tbsp passata
- ☐ 4 pork sausages quartered
- ☐ 140 g mushrooms sliced
- ☐ 8 streaky bacon rashers halved
- ☐ 4 medium eggs

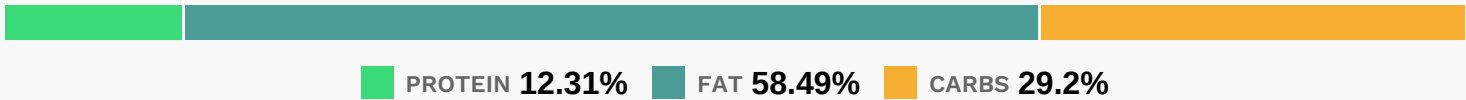
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Make up the bread mix following pack instructions. On a lightly floured surface, roll out to fit a lightly oiled 30 x 40cm baking tray, or two smaller trays.
- ☐ Spread the passata over the base, dot over the sausages and mushrooms, add the bacon, then cook for 20 mins at the top of the oven.
- ☐ Remove the pizza from the oven and crack the eggs on. Return to the oven and cook for 5 mins more, or longer depending how well-cooked you like your eggs.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:32.28521732662%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 1253kcal (62.65%), Fat: 81.05g (124.69%), Saturated Fat: 22.44g (140.22%), Carbohydrates: 91.05g (30.35%), Net Carbohydrates: 82.12g (29.86%), Sugar: 27.44g (30.49%), Cholesterol: 276.58mg (92.19%), Sodium: 2102.16mg (91.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.38g (76.75%), Phosphorus: 953.98mg (95.4%), Vitamin B1: 1.02mg (67.86%), Vitamin B3: 12.91mg (64.55%), Vitamin B2: 0.87mg (51.44%), Vitamin E: 7.29mg (48.62%), Selenium: 32.78µg (46.82%), Vitamin B6: 0.76mg (38.21%), Folate: 146.65µg (36.66%), Fiber: 8.93g (35.72%), Iron: 5.93mg (32.96%), Zinc: 4.52mg (30.13%), Vitamin B5: 2.91mg (29.07%), Vitamin B12: 1.7µg (28.31%), Manganese: 0.47mg (23.68%), Potassium: 785.99mg (22.46%), Copper: 0.41mg (20.56%), Vitamin D: 2.6µg (17.3%), Magnesium: 65.05mg (16.26%), Vitamin A: 604.78IU (12.1%), Calcium: 113.63mg (11.36%), Vitamin K: 8.41µg (8.01%), Vitamin C: 4.2mg (5.08%)