



Ham and Swiss Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 eggs beaten
- 10 ounces bread crumbs italian ready-to-serve thin (12 to 14 inches in diameter)
- 0.3 cup salad dressing
- 2 tablespoons dijon mustard
- 0.5 cup finely-chopped ham diced fully cooked
- 0.3 cup spring onion sliced
- 0.3 cup bell pepper red chopped
- 4 ounces swiss cheese shredded

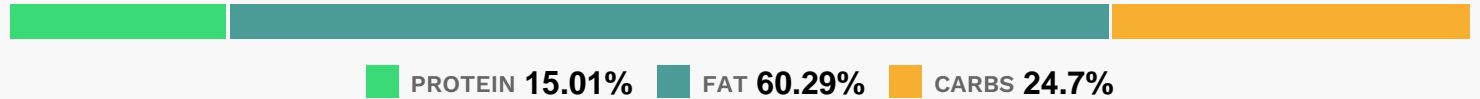
Equipment

- frying pan
- baking sheet
- oven
- spatula

Directions

- Heat oven to 400°. Spray 10-inch nonstick skillet with cooking spray; heat over medium heat.
- Pour eggs into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.
- Place pizza crust on ungreased cookie sheet.
- Mix mayonnaise and mustard; spread evenly over crust. Top with eggs, ham, onions, bell pepper and cheese.
- Bake 10 to 12 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:11.871739076531%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 444.37kcal (22.22%), Fat: 29.7g (45.69%), Saturated Fat: 14.36g (89.72%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 25.28g (9.19%), Sugar: 16.25g (18.05%), Cholesterol: 188.13mg (62.71%), Sodium: 534.65mg (23.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Selenium: 22.99µg (32.84%), Phosphorus: 250.61mg (25.06%), Calcium: 201.27mg (20.13%), Vitamin B2: 0.34mg (19.72%), Vitamin B12: 1.1µg (18.25%), Folate: 58.3µg (14.58%), Vitamin K: 14.88µg (14.18%), Vitamin C: 10.98mg (13.31%), Vitamin B3: 2.63mg

(13.14%), Vitamin A: 637.47IU (12.75%), Zinc: 1.77mg (11.79%), Iron: 2.06mg (11.45%), Vitamin B1: 0.15mg (10.19%), Vitamin B5: 0.88mg (8.76%), Fiber: 2.11g (8.43%), Vitamin B6: 0.14mg (7.12%), Potassium: 243.46mg (6.96%), Magnesium: 25.99mg (6.5%), Vitamin E: 0.93mg (6.19%), Vitamin D: 0.88µg (5.87%), Copper: 0.06mg (3.07%), Manganese: 0.06mg (2.76%)