



## Pepperoni Breakfast Pizza

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 cup water hot
- 8 eggs
- 0.3 cup milk
- 0.1 teaspoon pepper
- 1 cup pepperoni diced (from 6-oz package)
- 2 tablespoons spring onion sliced
- 1 tablespoon butter
- 0.5 cup tomato sauce (from 8-oz can)

- 6 oz pizza cheese shredded italian finely
- 1 tablespoon basil fresh sliced
- 1.5 cups frangelico

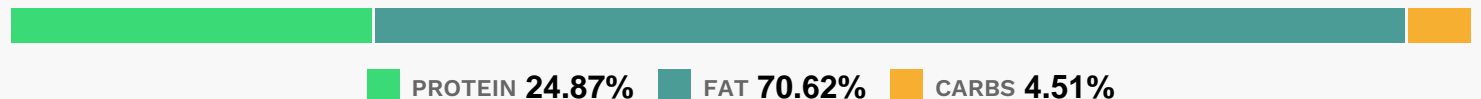
## Equipment

- bowl
- frying pan
- oven
- whisk
- pizza pan

## Directions

- Heat oven to 425°F. Spray 12-inch pizza pan with cooking spray. In medium bowl, stir Bisquick mix and hot water until soft dough forms. Press dough in bottom and up side of pan, using fingers dipped in Bisquick mix, forming rim at edge.
- Bake 10 to 15 minutes or until golden brown.
- Meanwhile, in large bowl, beat eggs, milk and pepper with wire whisk or fork until blended. Stir in pepperoni and onions. In 12-inch nonstick skillet, melt butter over medium heat.
- Add egg mixture; cook 3 to 5 minutes, stirring occasionally, until firm but still moist.
- Spread pizza sauce over baked crust. Top evenly with egg mixture.
- Sprinkle with cheese.
- Bake 3 to 5 minutes longer or until cheese is melted and pizza is hot.
- Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:30.63, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:7.085217418878%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## **Nutrients (% of daily need)**

Calories: 223.81kcal (11.19%), Fat: 17.74g (27.3%), Saturated Fat: 5.17g (32.31%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.27g (0.82%), Sugar: 1.11g (1.23%), Cholesterol: 182.55mg (60.85%), Sodium: 418.78mg (18.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Selenium: 17.85µg (25.5%), Vitamin B2: 0.26mg (15.29%), Phosphorus: 122.42mg (12.24%), Vitamin B12: 0.62µg (10.3%), Vitamin B5: 0.92mg (9.21%), Calcium: 83.85mg (8.39%), Vitamin A: 407.17IU (8.14%), Vitamin D: 1.15µg (7.65%), Vitamin B6: 0.15mg (7.36%), Zinc: 0.99mg (6.58%), Iron: 1.14mg (6.32%), Manganese: 0.12mg (6.12%), Folate: 23.92µg (5.98%), Vitamin E: 0.9mg (5.98%), Vitamin K: 5.6µg (5.33%), Potassium: 162.37mg (4.64%), Vitamin B3: 0.91mg (4.54%), Vitamin B1: 0.06mg (4.33%), Copper: 0.07mg (3.32%), Magnesium: 11.7mg (2.92%), Vitamin C: 1.4mg (1.7%), Fiber: 0.28g (1.12%)