



Pizza with Fried Eggs and Pecorino

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 4 large eggs
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce pecorino grated
- ☐ 24 ounce pizzas frozen
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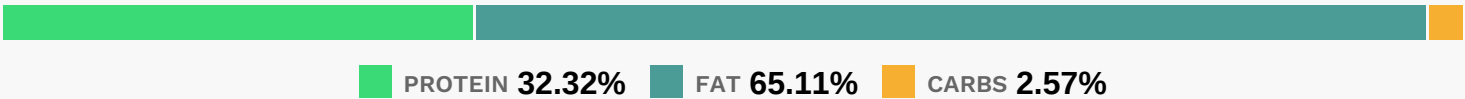
Equipment

- ☐ frying pan

Directions

- ☐ Cook the pizzas according to the package directions. Meanwhile, heat the olive oil in a large nonstick skillet over medium heat. Crack the eggs into the skillet and cook until the whites are set but the yolks are still runny, 3 to 4 minutes.
- ☐ Place on top of the cooked pizzas and sprinkle with the Pecorino and 1/2 teaspoon black pepper.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:5.6660869617177%

Nutrients (% of daily need)

Calories: 108.02kcal (5.4%), Fat: 7.67g (11.8%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.24g (0.26%), Cholesterol: 193.37mg (64.46%), Sodium: 156.09mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.13%), Selenium: 16.38µg (23.4%), Phosphorus: 153.02mg (15.3%), Vitamin B2: 0.25mg (14.99%), Calcium: 103.86mg (10.39%), Vitamin B12: 0.52µg (8.74%), Vitamin B5: 0.8mg (7.98%), Vitamin D: 1.04µg (6.9%), Vitamin A: 299.96IU (6%), Folate: 24.01µg (6%), Zinc: 0.83mg (5.53%), Iron: 0.94mg (5.25%), Vitamin E: 0.69mg (4.58%), Vitamin B6: 0.09mg (4.57%), Magnesium: 9.08mg (2.27%), Potassium: 76.43mg (2.18%), Copper: 0.04mg (1.97%), Vitamin B1: 0.02mg (1.52%), Manganese: 0.03mg (1.41%), Vitamin K: 1.07µg (1.02%)