

Quick Brunch Pizza

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup water hot
- ☐ 3 eggs
- ☐ 1 cup cream sour
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.5 cup spring onion sliced
- ☐ 0.5 teaspoon onion salt
- ☐ 1 cup finely-chopped ham fully cooked finely chopped
- ☐ 1.5 cups frangelico

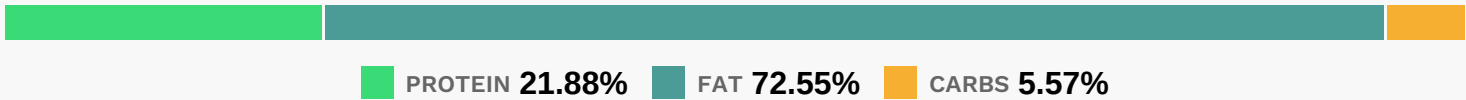
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 425°F. Grease 12-inch pizza pan with shortening or cooking spray. In small bowl, mix Bisquick mix and hot water until soft dough forms.
- ☐ Press dough on bottom and up side of pan with finger dipped in Bisquick mix.
- ☐ Bake 10 minutes.
- ☐ In small bowl, beat eggs. Stir in sour cream, cheese, onions and onion salt; pour over crust.
- ☐ Sprinkle ham over egg mixture.
- ☐ Bake about 25 minutes or until set. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:6.5573912858963%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 161.4kcal (8.07%), Fat: 13.05g (20.08%), Saturated Fat: 6.38g (39.9%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.23g (1.37%), Cholesterol: 102.83mg (34.28%), Sodium: 435.02mg (18.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Selenium: 12.98µg (18.54%), Phosphorus: 163mg (16.3%), Calcium: 144.23mg (14.42%), Vitamin B2: 0.22mg (13.23%), Vitamin K: 13.76µg (13.1%), Vitamin A: 472.56IU (9.45%), Vitamin B12: 0.56µg (9.28%), Zinc: 1.17mg (7.79%), Vitamin B1: 0.09mg (6.32%), Vitamin C: 4.72mg (5.73%), Vitamin B5: 0.54mg (5.36%), Vitamin B6: 0.09mg (4.48%), Folate: 16.88µg (4.22%), Potassium: 126.59mg (3.62%),

Magnesium: 13mg (3.25%), Iron: 0.55mg (3.03%), Vitamin B3: 0.58mg (2.91%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.41µg (2.77%), Copper: 0.04mg (2.24%), Manganese: 0.03mg (1.31%)