



Scrambled Egg Pizza

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornmeal
- ☐ 4 eggs organic lakes®
- ☐ 4 basil fresh sliced
- ☐ 1 cup grape tomatoes sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup oz. bacon into pieces cooked (from a jar or package)
- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 3 spring onion chopped

- ☐ 6 oz mozzarella cheese shredded
- ☐ 0.3 cup water

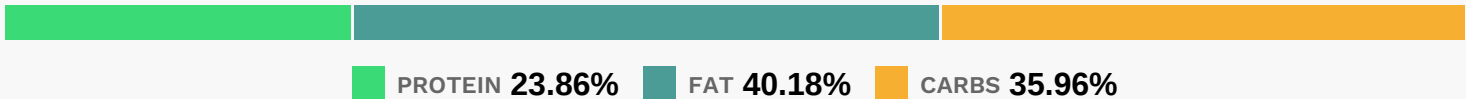
Equipment

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

Directions

- ☐ Heat oven to 425F.
- ☐ Sprinkle 16-inch pizza pan with cornmeal (to prevent dough from sticking to pan). Unroll dough on pan; starting at center, press out dough to edge of pan, building up edge slightly.
- ☐ Brush with oil.
- ☐ Sprinkle cheese over dough; top with bacon, tomatoes and scallions. In small bowl, beat eggs and water with fork or wire whisk until well mixed; pour over top of other ingredients.
- ☐ Bake 8 to 10 minutes or until crust is crisp and eggs are set in center.

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:2.95, Inflammation Score:-5, Nutrition Score:12.757391318031%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 591.76kcal (29.59%), Fat: 26.65g (41.01%), Saturated Fat: 12.31g (76.95%), Carbohydrates: 53.67g (17.89%), Net Carbohydrates: 51.04g (18.56%), Sugar: 7.93g (8.81%), Cholesterol: 237.64mg (79.21%), Sodium: 1888.07mg

(82.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.62g (71.24%), Selenium: 21.09µg (30.13%), Phosphorus: 261.4mg (26.14%), Vitamin K: 26.46µg (25.2%), Calcium: 251.08mg (25.11%), Vitamin B12: 1.36µg (22.69%), Iron: 4.01mg (22.3%), Vitamin B2: 0.34mg (20.04%), Vitamin A: 946.19IU (18.92%), Zinc: 2.07mg (13.78%), Fiber: 2.62g (10.5%), Folate: 36.98µg (9.24%), Vitamin E: 1.32mg (8.79%), Vitamin C: 6.87mg (8.32%), Vitamin B5: 0.81mg (8.05%), Vitamin B6: 0.16mg (7.8%), Vitamin D: 1.05µg (7%), Potassium: 223.48mg (6.39%), Magnesium: 25.44mg (6.36%), Manganese: 0.12mg (5.93%), Vitamin B1: 0.06mg (4.28%), Copper: 0.08mg (4.09%), Vitamin B3: 0.47mg (2.36%)