



Smoky Brunch Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup approx cream cheese spread (from 8-oz container)
- ☐ 8 eggs
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup bell pepper red chopped
- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 4 oz salmon smoked flaked

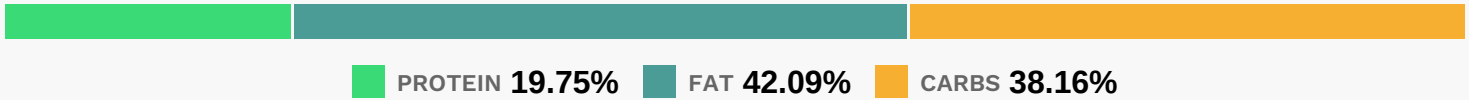
Equipment

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

Directions

- ☐ Heat oven to 425F. Grease 12-inch pizza pan or 13x9-inch pan. Unroll dough; place in pan. Starting at center, press out dough with hands.
- ☐ Bake 6 to 7 minutes or until crust begins to brown.
- ☐ Meanwhile, in 10-inch skillet, melt butter over medium heat.
- ☐ Add bell pepper and onions; cook and stir 3 to 4 minutes or until tender.
- ☐ In medium bowl, beat eggs, milk and pepper.
- ☐ Add egg mixture to skillet. Cook 4 to 5 minutes, stirring occasionally, until thoroughly cooked but still moist. Fold in salmon.
- ☐ Remove from heat.
- ☐ Spread cream cheese evenly over crust. Spoon cooked egg mixture over cream cheese.
- ☐ Bake 9 to 12 minutes longer or until toppings are hot and crust is deep golden brown. If desired, garnish with additional green onions.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:8.186956550764%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 267.02kcal (13.35%), Fat: 12.47g (19.18%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24.52g (8.92%), Sugar: 4.27g (4.74%), Cholesterol: 176.65mg (58.88%), Sodium: 629.6mg (27.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Selenium: 18.27µg (26.1%), Vitamin D: 3.39µg (22.59%), Vitamin B12: 0.9µg (14.97%), Vitamin A: 699.38IU (13.99%), Vitamin B2: 0.23mg (13.75%), Iron: 2.28mg (12.67%), Phosphorus: 121.29mg (12.13%), Vitamin B5: 0.85mg (8.47%), Vitamin C: 6.55mg (7.94%), Vitamin B6: 0.13mg (6.74%), Vitamin K: 6.92µg (6.59%), Folate: 25.15µg (6.29%), Vitamin E: 0.86mg (5.71%), Calcium: 56.37mg (5.64%), Zinc: 0.67mg (4.45%), Vitamin B3: 0.77mg (3.87%), Fiber: 0.92g (3.68%), Copper: 0.07mg (3.41%), Potassium: 117.3mg (3.35%), Magnesium: 10.09mg (2.52%), Vitamin B1: 0.03mg (1.98%), Manganese: 0.03mg (1.46%)