



Southwestern Bacon & Eggs Pizza

READY IN



25 min.

SERVINGS



25

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 oz oscar mayer bacon thick cut fully cooked cut into 1/2-inch pieces
- 1 cup four cheese shredded mexican style kraft finely
- 6 eggs
- 2 green onions sliced
- 0.3 cup milk
- 1 ready-to-use baked pizza crust
- 0.5 cup taco bell® & chunky mild salsa thick

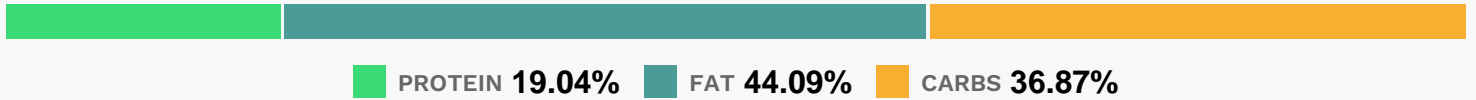
Equipment

- frying pan
- baking sheet
- oven
- whisk

Directions

- Heat oven to 400F.
- Whisk eggs, milk and onions until blended; pour into medium nonstick skillet. Cook on medium heat 5 min. or until egg mixture is set but still moist, stirring occasionally.
- Remove from heat.
- Place crust on baking sheet; spread with salsa. Cover with 1/2 cup cheese, 2/3 of the bacon and egg mixture; top with remaining bacon and cheese.
- Bake 10 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.31826087055%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 91.94kcal (4.6%), Fat: 4.48g (6.9%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 8.08g (2.94%), Sugar: 0.63g (0.7%), Cholesterol: 45.98mg (15.33%), Sodium: 182.67mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Selenium: 5.19µg (7.42%), Calcium: 57.56mg (5.76%), Phosphorus: 50.21mg (5.02%), Vitamin B2: 0.08mg (4.49%), Iron: 0.67mg (3.73%), Vitamin A: 141.86IU (2.84%), Vitamin B12: 0.17µg (2.82%), Zinc: 0.36mg (2.4%), Vitamin K: 2.35µg (2.24%), Vitamin B5: 0.22mg (2.17%), Vitamin B6: 0.04mg (1.99%), Vitamin D: 0.28µg (1.84%), Folate: 6.73µg (1.68%), Vitamin E: 0.23mg (1.51%), Fiber: 0.36g (1.43%), Potassium: 43.44mg (1.24%), Vitamin B1: 0.02mg (1.14%), Magnesium: 4.1mg (1.02%)