



Sunny-Side-Up Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach
- ☐ 3 tablespoons balsamic vinaigrette
- ☐ 0.4 teaspoon pepper black
- ☐ 6 large eggs
- ☐ 2 garlic clove minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 2 ounces parmesan shaved
- ☐ 0.3 cup onion red thinly sliced

☐ 1 pound pizza dough fresh refrigerated

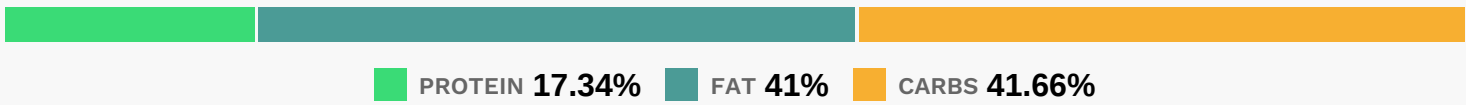
Equipment

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

Directions

- ☐ Preheat oven to 45
- ☐ Place dough in a microwave-safe bowl; microwave at MEDIUM (50% power) for 45 seconds.
- ☐ Let stand 5 minutes.
- ☐ Roll dough into a 14-inch circle.
- ☐ Place on a pizza pan; pierce with a fork.
- ☐ Combine 1 1/2 tablespoons oil and garlic; brush over dough.
- ☐ Bake at 450 for 14 minutes.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add remaining 1 1/2 teaspoons oil; swirl to coat. Crack eggs into pan; cook 4 minutes or until whites are set.
- ☐ Sprinkle with salt.
- ☐ Combine mche, onion, and vinaigrette. Arrange on crust; top with eggs, cheese, and pepper.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:15.223913146102%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 372.34kcal (18.62%), Fat: 17.05g (26.23%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 37.24g (13.54%), Sugar: 5.57g (6.19%), Cholesterol: 192.43mg (64.14%), Sodium: 901.27mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.44%), Vitamin K: 99.97µg (95.21%), Vitamin A: 2220.11IU (44.4%), Selenium: 17.86µg (25.51%), Iron: 3.61mg (20.03%), Phosphorus: 178.04mg (17.8%), Vitamin B2: 0.3mg (17.69%), Calcium: 164.41mg (16.44%), Folate: 64.28µg (16.07%), Manganese: 0.24mg (11.83%), Vitamin E: 1.63mg (10.85%), Vitamin B12: 0.56µg (9.31%), Vitamin B5: 0.84mg (8.38%), Vitamin C: 6.43mg (7.79%), Vitamin B6: 0.15mg (7.67%), Vitamin D: 1.05µg (6.98%), Fiber: 1.74g (6.96%), Zinc: 1.04mg (6.9%), Magnesium: 27.09mg (6.77%), Potassium: 204.76mg (5.85%), Copper: 0.07mg (3.62%), Vitamin B1: 0.04mg (2.97%), Vitamin B3: 0.22mg (1.12%)