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## English Muffin Breakfast Pizza

English Muffin Breakfast Pizza is a delicious and easy-to-make breakfast dish. It consists of toasted English muffins topped with eggs, cheese, and various toppings. It's a perfect combination of savory and satisfying flavors that will keep you energized throughout the day.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>2 pieces</b>	english muffins
<b>4 pieces</b>	Eggs
<b>100 g</b>	shredded cheese
<b>4 slices</b>	Tomato
<b>4 strips</b>	bacon

50 g	spinach
1 teaspoon	salt
1 teaspoon	pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Slice the English muffins in half and place them on a baking sheet.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

#### Oven

Toast the English muffins in the preheated oven for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Frying

Meanwhile, cook the bacon in a skillet over medium heat until crispy. Remove from the skillet and crumble it into small pieces.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

Frying

In the same skillet, add the spinach and cook until wilted. Remove from the skillet and set aside.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 6

Mixing

In a separate bowl, whisk the eggs and season with salt and pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

Stove

Pour the whisked eggs into the skillet and cook until scrambled.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 8

Remove the toasted English muffins from the oven and top each half with scrambled eggs, shredded cheese, tomato slices, bacon crumbles, and wilted spinach.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Oven

Return the topped English muffins to the oven and bake for an additional 5 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 10

## Serving

Serve the English Muffin Breakfast Pizza hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	6 mcg	40%	40%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Meal Type

Breakfast Brunch Lunch Snack

### Kitchen Tools

Slow Cooker

### Course

Salads Snacks

### Cultural

Chinese New Year Diwali Ramadan Easter

## Cost

Under \$10

## Demographics

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

## Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

## Difficulty Level

Easy

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