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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

2 pieces	english muffins
4 pieces	Eggs
100 g	shredded cheese
4 slices	Tomato
4 strips	bacon

50 g	spinach
1 teaspoon	salt
1 teaspoon	pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Oven

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

Prep Time: 0 mins

Cook Time: 5 mins

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

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

Step 6



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

Prep Time: 2 mins

Cook Time: 0 mins

Step 7



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

Prep Time: 0 mins

Cook Time: 5 mins

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

Step 9



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

Step 10



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

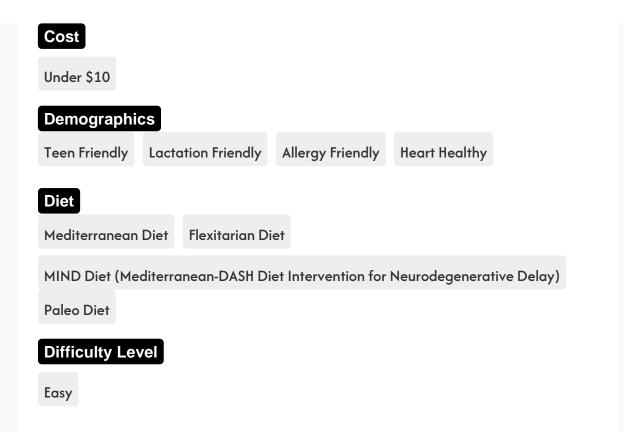
Slow Cooker

Course

Salads Snacks

Cultural

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