



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Breakfast Mini Pizzas ♦

Breakfast Mini Pizzas are a delicious and convenient way to start your day. These mini pizzas are made with a crispy pizza crust, topped with eggs, cheese, and your favorite breakfast toppings. They are perfect for busy mornings or for a fun brunch with friends and family.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	pizza dough
4 pieces	Eggs
200 g	shredded cheese
100 g	bacon

100 g	Tomato
50 g	onion
50 g	bell pepper
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rolling

Roll out the pizza dough into small circles.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Place the rolled-out dough on a baking sheet.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Frying

In a frying pan, cook the bacon until crispy. Remove from the pan and crumble it.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Sautéing

In the same pan, sauté the onion and bell pepper until softened.

Prep Time: 3 mins

Cook Time: 3 mins

Step 6

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Pouring

Pour the beaten eggs onto the rolled-out dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Top the eggs with shredded cheese, bacon, sautéed onion, bell pepper, and tomato slices.

Prep Time: 3 mins

Cook Time: 5 mins

Step 9

Drizzling

Drizzle olive oil over the toppings.

Prep Time: 1 mins

Cook Time: 0 mins

Step 10

Baking

Bake in the preheated oven for 10-12 minutes, or until the crust is golden and the eggs are set.

Prep Time: 0 mins

Cook Time: 10 mins

Step 11

Cooling

Remove from the oven and let cool for a few minutes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 12

Serving

Slice into smaller pieces and serve.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 12 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas Easter

Meal Type

Breakfast Brunch Lunch Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes Salads

Difficulty Level

Medium

Visit our website: healthdor.com