

Pizza Eggburger

Rating: ★★★★★

Makes: 1 Pizza Eggburger

Ingredients

- 1 egg
- 1 hamburger bun
- 1 **tablespoon** mozzarella cheese (part skim)
- 3 pepperoni (slices, optional)
- 1 **tablespoon** pizza sauce

Directions

1. Spray a small non-stick skillet with non-stick cooking spray.
2. Over medium heat, break egg into pan; break yolk.
3. When egg is done turn over sprinkle with cheese and top with pepperoni (optional). Cook until cheese is melted.
4. Open bun, spread with pizza sauce and top with cooked egg.

Ohio State University Cooperative Extension, Ross County Extension Office.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	192	
Total Fat	8 g	12%
Protein	11 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	3 g	15%
Sodium	336 mg	14%

MyPlate Food Groups

Grains	1 1/2 ounces
Protein Foods	1 ounce
Dairy	1/4 cup