



Bacon and Egg Breakfast Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4 ounces cheddar cheese shredded reduced-fat
- 8 ounce regular crescent rolls refrigerated reduced-fat canned
- 8 large egg whites lightly beaten
- 1 cup hash browns diced shredded frozen thawed
- 2 tablespoons parmesan fresh grated
- 0.3 teaspoon salt
- 6 bacon crumbled cooked

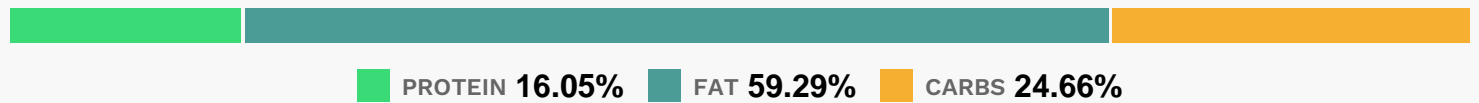
Equipment

- oven
- pizza pan

Directions

- Preheat oven to 37
- Unroll dough, and separate into triangles. Press triangles together to form a single 10-inch round crust on a 12-inch pizza pan coated with cooking spray. Crimp edges of dough with fingers to form a rim.
- Top prepared dough with potatoes, bacon, and cheddar cheese. Carefully pour egg whites over cheese; sprinkle with salt, pepper, and Parmesan cheese.
- Bake at 375 for 23 minutes or until crust is browned.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:4.9447826095249%

Nutrients (% of daily need)

Calories: 269.52kcal (13.48%), Fat: 18.01g (27.7%), Saturated Fat: 7.72g (48.22%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 16.47g (5.99%), Sugar: 3.13g (3.47%), Cholesterol: 25.91mg (8.64%), Sodium: 577.73mg (25.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.93%), Selenium: 14.29µg (20.41%), Vitamin B2: 0.23mg (13.45%), Calcium: 120.96mg (12.1%), Phosphorus: 114.69mg (11.47%), Vitamin B3: 1.15mg (5.73%), Zinc: 0.81mg (5.43%), Vitamin B1: 0.08mg (5.13%), Potassium: 173.77mg (4.96%), Vitamin B12: 0.28µg (4.62%), Iron: 0.75mg (4.14%), Vitamin B6: 0.08mg (3.97%), Magnesium: 12.93mg (3.23%), Vitamin A: 158.07IU (3.16%), Vitamin B5: 0.3mg (3.04%), Vitamin C: 2.15mg (2.61%), Manganese: 0.05mg (2.48%), Copper: 0.05mg (2.3%), Fiber: 0.38g (1.5%), Folate: 5.44µg (1.36%), Vitamin E: 0.18mg (1.2%), Vitamin D: 0.16µg (1.05%)